Discharge Instructions for Pacemaker/ICD Generator Change

Please read the device booklet that you have been given. If you have any questions following discharge, you may call the Electrophysiology (EP) Office at (315) 464-5973 and ask to speak with one of the nurses. After 5pm, the physician on call may be reached by calling (315) 464-9335

Incision site
- Following the procedure, the wound will be covered with a large outer bandage and steristrips (small white strips of tape) underneath.
- If you remain in the hospital overnight, the physician or nurse will remove the outer bandage prior to discharge.
- If you are discharged the day of your procedure, remove the outer bandage the next day. This is important to allow the wound to heal and remain dry.
- Do not remove the steristrips yourself. They will either fall off on their own or be removed at the appointment for your wound check.
- DO NOT touch your incision while it is healing.
- Avoid wearing clothes that may rub against your wound.

Bathing
- Do not get the incision site wet for at least 4 days. Following the 4 days, you may take a shower, allowing the water to run over the wound. Do not wash/scrub the area and pat the wound gently with a towel to dry until healed.
- DO NOT use any oils, lotions, powders or ointments on or close to your incision. It must remain clean and dry.
- Use good hand washing with soap and water before touching the healed incision.

Activity
- Take it easy for the first few days after your procedure. You may have some tenderness at the incision site but you can return to normal activity as the incision heals. Your body will let you know if you are over doing it.
- If you had a lead revision: Avoid lifting your arm on the side of your device above the shoulder for 6 weeks. The implanted leads need this much time to heal within your heart.
- You will be given a sling to wear as a reminder. It is especially important to use both straps on the sling since the one going around your abdomen keeps your arm down.
- If you are confident you will remember to keep your arm below your shoulder, you may wear it less during the day.
- You still need to use your arm/shoulder to prevent it from becoming stiff.
• It is necessary to wear the sling at night since one is not aware of how they move during sleep.
• Also, do not lift more than 10 pounds for 4 weeks. No pushing, pulling, or weight support on the affected arm. Use for simple movements only.

Diet
• After the procedure, follow with a light diet for the day. You will have been given sedation and pain medication which could cause nausea and vomiting.
• If you have nausea or vomiting switch to sips of clear liquids. Once you can tolerate the clear liquids then you can try food again.

Call your physician if you experience any of the following
• If you notice any redness, swelling, pain or drainage at the incision site.
• Fever over 101 degrees F or 38.5 degrees C and/or chills with the fever you may have an infection and will need to be treated right away.

Medications
• Take all medications as prescribed. If there are any questions or concerns with your discharge medications, please call the EP office.

Follow-up appointment:
• Before you are discharged, you will be given an appointment for a wound and device check. This will be within 1-2 weeks of your procedure. It is very important that you keep this appointment. All appointments are at 90 Presidential Plaza UHCC, 5th floor Cardiology Clinic. The phone number is (315) 464-9335.

General Information:
• You will receive a temporary ID card upon discharge. This card will have information about your device so carry it with you at all times. In about 6-8 weeks, you will receive a permanent laminated ID card in the mail from the company.
• Always show your device ID card when going through airport, federal or state security. Your device may set off the metal detectors. Do not allow anyone to use a search wand over the device as this has a strong magnet which could possibly interfere with your device.
• Avoid sources of strong electrical or magnetic fields such as: arc welding, power generators, working over a running car motor, power lines or MRI’s.
• If you use a cell phone, do not carry it in your shirt pocket on the same side as the device. When talking on the cell phone, use the ear opposite the side of the pacemaker or use a hands free set. As a general rule, the phone should always be 6 inches from your device. Landline phones do not cause a problem.
• It is recommended that you obtain a medical alert bracelet or necklace to make health care personnel aware that you have an implanted device in an emergency situation. If you have not already done so, the forms for these are usually available at your pharmacy or physicians office.
Make all your health care providers (doctors, dentists, chiropractors) aware that you have an implanted device. If you need to have an elective surgery, please notify your cardiologist so recommendations can be made for during your surgery.

More information about your device is in the provided booklet.

Please ask if you have any questions or concerns.

Cardiology/Electrophysiology Clinic at UHCC
(315) 464-9335
Electrophysiology Secretary
(315) 464-5973