



Information for You from Your Health Care Team

Instructions for Patients with Pacemakers

1. Please review the pacemaker booklet that you have been given. A member of the Electrophysiology (EP) department will visit to answer any questions you have. If you have questions once you are home, call the EP secretary and ask to speak with one of our nurses.
2. Before your discharge, an appointment will be made for a wound check in one week. This appointment may be with an EP nurse, who will remove your dressing and check your wound. All appointments are at 550 Harrison Street, Suite 300, Syracuse. 315-464-9335.
3. Getting a medic alert bracelet or necklace to show that you have a pacemaker is recommended. These forms are usually available at your drug store or doctor's office. This is important in an emergency situation to let health care workers know that you have an implanted device.
4. You will receive a temporary ID card when you leave the hospital. The pacemaker company will send you a permanent card in 6 to 8 weeks. If you do not receive a card, please call the EP secretary. Always carry your ID card with you.
5. If your wound looks infected (oozing, redness, swelling, painful) or if you have a fever and chills, please call the office right away.
6. Do not get the incision site wet for at least 4 days, by taking sponge baths. After these 4 days, you should be able to take a quick shower. If the wound gets wet, pat it dry with a towel. Your stitches will dissolve on their own. Do not touch your wound until it is fully healed. Hand washing is a must.
7. Please tell all your health care workers (doctors, surgeons, dentists, chiropractors) that you have a pacemaker. Electrocautery used during surgery can damage the pacemaker. A pacemaker should be checked after an operation to make sure it is OK.

8. Stay away from sources of strong electrical or magnetic fields such as arc welders, motors, power generators, or MRIs. They may reset or damage your device. Also there is a potential danger to you with MRI.
9. You may set off metal detectors. Have your ID card ready. Do not let anyone use a search wand on you, since the wand has a strong magnet. If you travel out of the area for a long period of time, we can provide contacts close to where you will be.
10. Most appliances (including microwave ovens) and tools in good repair can be used. Cell phones could affect your pacemaker. Hold the phone on the opposite ear and do not carry it in your breast pocket on the same side as the pacemaker. Remote phones do not usually cause a problem.
11. Do not lift or carry anything that weighs more than 10 lbs for 4 weeks, and avoid wearing clothes that rub against your wound.
12. Avoid lifting your arm on the side of your pacemaker above your shoulder for 6 weeks.

Cardiac Electrophysiology Program

Cardiology/EP Clinic: (315) 464-9335

EP Secretary: (315) 464-5973

3/99; revised 5/02, 8/04, 2/08