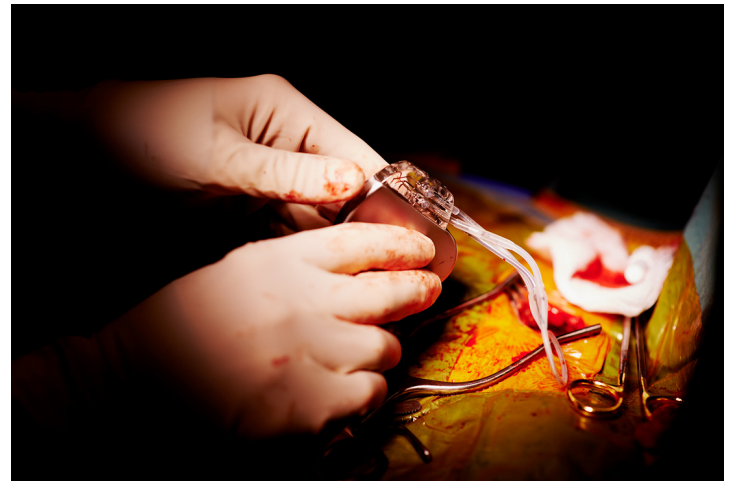
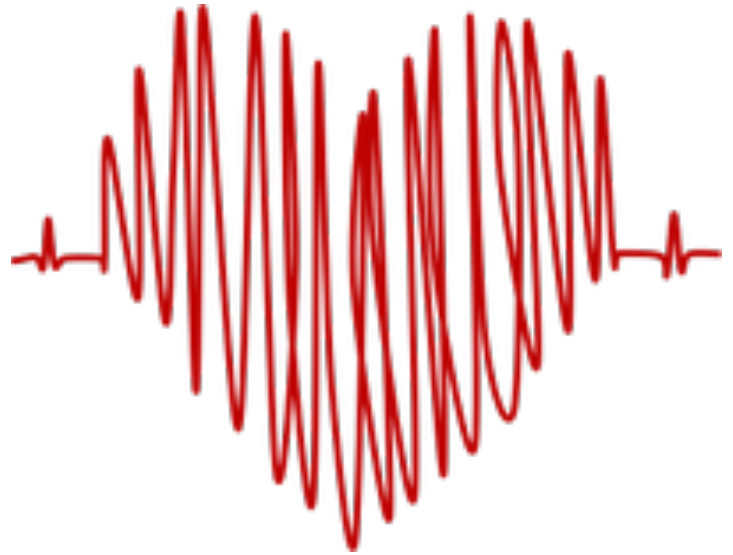


Care after your implantable cardiac device



Pacemaker, Defibrillator, Loop Recorder

Instructions on what to do, and how to care for your device (after implant)

Device Recovery

Implant Site Care

You may feel discomfort at the device implant site during the first 48 hours after the procedure. Simple 'over-the-counter' analgesia should be adequate. Call your doctor or nurse if your symptoms are prolonged or severe. Keep the area where the device was implanted clean and dry. Do not scrub the area. Surgical glue, a waterproof dressing, or Steri-strips (small strips of tape) may be covering the wound site; they may be removed 7 days after the date of the implant. Do not cover the wound unless you have been instructed to do so. You do not need to keep the wound covered with a bandage. Do not use creams, lotions or ointments on the wound site. Look at the area daily to make sure it is healing properly. Call your doctor if you notice: Increased drainage, bleeding or oozing from the insertion site Increased opening of the incision where the device was implanted Redness, swelling or warmth around the device insertion site Increased body temperature (greater than 38.5 degrees Celsius) You may take a shower 24 hours after the procedure.

Activity

You may move your arms normally and do NOT have to restrict arm motion during normal activities. Try to walk as much as possible for exercise. You should not drive for at least 2 weeks after your procedure (Austroad rules).

Follow-up

A follow-up device check appointment will be scheduled within 6 weeks after the implant procedure. You will be contacted regarding your appointment, but if you have not heard from the office within 2 weeks, please call us. If you live at a distance, often the GP will check the wound within 1-2 weeks, and the referring (local cardiologist), will perform a device check, typically within the first 3 months (this may not be necessary if you have a remote monitor).