

DEVICE POST-OP INSTRUCTIONS

WOUND CARE:

1. You may remove the Tegaderm outer dressing in 48 hours.
2. You have small, white “mini-band aids” (called steri-strips) over your incision site. Do NOT pick at these. When they fall off, they fall off. If they have not fallen off on their own, when you come to the pacemaker clinic, please ask for them to be removed.
3. You may shower / bathe in 48 hours.
4. After showering, when you dry yourself off - over the incision site, do a gentle “pat down” dry. Do NOT do a vigorous rub down over the incision site.
5. Do NOT put anything on the incision (creams, powder, ointments etc).
6. Watch the Incision site for increased redness, bleeding, or drainage, and monitor for a fever > 101 degrees Fahrenheit

ACTIVITY:

1. Do **NOT** lift your _____ Arm above your _____ Shoulder until after _____
2. Avoid any jarring activities that could result in blows to your implant site (sports, firing a shotgun, etc)

THINGS TO AVOID:

1. MRI Machines (unless told otherwise).
2. TENS Units: Speak to the pacemaker clinic prior to using a TENS unit.
3. Radiation Therapy: If you are to receive radiation therapy near your device, you must have it checked on a weekly basis.
4. Diathermy: Applies heat to body tissues using an electrical field. This could cause problems. Check with the pacemaker clinic.

FOLLOW UP:

1. You will follow up in the Pacemaker Clinic in approximately 2-3 weeks.

