



AFTER YOUR WOUND CHECK INSTRUCTIONS

NOTE: These instructions are to be used only after an initial office wound check.

INCISION CARE: Do the following until _____

- ♥ Clean the incision once a day with an antibacterial soap, such as DIAL. Soap should not contain any lotions or creams.
- ♥ Lather soap in hands and gently wash the incision and surrounding area. Do not clean with a wash cloth.
- ♥ Rinse the incision with clean water. Direct the showerhead so that water rinses from the shoulder downward.
- ♥ **Do Not Use** any lotions, creams, or home remedies on your incision.
- ♥ Do not cover the incision. You should leave it open to air to allow proper healing.
- ♥ If stitches become visible at the incision, call us (505-563-2500) during regular working hours. **Do Not Remove the Stitches at Home**

ACTIVITY LIMITATIONS

- ♥ From today until _____
 1. Do not raise your arm (nearest your device) above the shoulder; however, general arm movements below shoulder level are encouraged.
 2. Do not lift, push or pull more than 20 pounds.
 3. Do not go swimming or use a hot tub.
 3. You may return to walking or stationary bike riding at a reduced, comfortable pace.
- ♥ From _____ until _____
 1. You may resume golfing routines such as putting and chipping (or similar activities), but NO pitching or full golf swing.
 2. Do not lift, push or pull more than 20 pounds

WHAT TO WATCH OUT FOR

- ♥ **Call Us (505-563-2500) Immediately** (the same day) if any of the following occur.
 1. Painful swelling
 2. Drainage from incision
 3. Redness
 4. Wound begins to open
 5. Fever above 101 degrees

FOLLOW UP

You will need to schedule regular follow-up appointments with our device clinic. Your first full check should be approximately 6 weeks from your date of procedure.

ASK US

We are pleased to answer your questions or discuss your condition with other health care professionals.

Presbyterian Heart Group
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