

## **AFTER YOUR PACEMAKER INSTRUCTIONS**

Your pacemaker was placed beneath the skin near your collarbone. You may feel some pain around the area for a few days while it heals. If the pain bothers you, take a couple of Tylenol® tablets every six hours as needed.

Take care of your incision site.

- ♥ Keep the area dry for 3 to 5 days. After 3 to 5 days you may wash it with warm water and soap without lotion or cream in it. Do not scrub the area.
- ♥ You may cover the area with a loose dressing, otherwise leave it open to air until it is healed.
- ♥ You will not need to have stitches removed - they will dissolve on their own. Occasionally, a stitch will surface before it dissolves. If this happens, do not pull or cut the stitch.
- ♥ Do not lift more than 20 pounds for the three weeks. Avoid lifting the arm nearest your pacemaker above your head for the next three weeks.
- ♥ Do not drive until your physician says it is OK.

Look at your incision daily while healing. Call us (505-563-2500) if you have any of the following problems:

- ♥ Fever greater than 101° within the next week
- ♥ A bad dizzy spell or blackout
- ♥ Significant pain or redness at the site
- ♥ Fluid leaking from the incision

We will need to see you in the office to check your pacemaker on a regular basis. We will also arrange to check your pacemaker by phone using specialized equipment.

You should receive an information card about your pacemaker by mail from the manufacturer within the next six weeks. Please carry the card in your wallet so that other health professionals can see what kind of pacemaker you have.

You can do little to harm your pacemaker. You don't need to worry about microwave ovens or other common household electrical appliances.

Your pacemaker may set off metal detectors at the airport. Inform the airport personnel that you have a pacemaker (show your card, if asked).

Hand-held cellular phones should be used with caution. Keep your cellular phone at least six inches away from the pacemaker and listen to it in the ear opposite the side your pacemaker is located. Do not store the phone in the breast pocket closest to the pacemaker.

You should not undergo magnetic resonance imaging (MRI) without discussing this first with your cardiologist as an MRI may result in harm. In general, an MRI should be avoided except in very special situations. Avoid strong magnetic fields, such as radar stations and arc welders.

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