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## **PACEMAKER OR DEFIBRILLATOR: INSTRUCTIONS AFTER IMPLANTATION**

### **ACTIVITY:**

- You should gradually return to your normal activities.
- Do not drive for the first ten days after your device was placed. This permits more time for the device leads to become more fixed into place.
- Never drive when taking pain medications, as these medications may make you feel drowsy.
- For the first two weeks after your device was implanted:
  - Do not lift more than 10 pounds.
  - Do not push or pull heavy objects.
  - Do not swim, golf, bowl, vacuum, mow the lawn, or any other vigorous upper extremity physical activity.
  - You may climb stairs
- At your two-week follow-up visit, ask which of the above activities you may resume.
- For the first 6 weeks after the device implantation date:
  - Do not raise your device side arm higher than the level of your shoulder (brushing/washing your hair; reaching items in a cabinet)
  - This prevents unnecessary tension on the lead(s) and reduces the risk of the lead(s) becoming dislodged.
- ALWAYS avoid any contact sports or hard blows to the chest or abdomen, as with activities such as (but not limited to):
  - Football
  - Wrestling
  - Shotgun firing using shoulder where device is placed.
- You may resume sexual activity at your discretion, keeping in mind the activity restrictions above.
- Confer with your doctor regarding when you may return to work. This will depend on the type of work that you do.

### **WOUND CARE:**

- Bathing:
  - Keep your incision dry for 7 days, then you may shower.
  - Sponge bathe around the device insertion site for the first week, keeping the incision dry.
  - Do not apply any ointment, talc, powders, or lotion to the incision.
- The steri-strips (tape strips) will be removed at your two-week follow-up visit, if they have not peeled off on their own.
- After the steri-strips are removed, or have fallen off, you may gently wash the incision with mild soap and warm (not hot) water.
- Do not soak your incision or allow it to be submerged in water until after 3 weeks.
- Call your doctor immediately if your incision looks red, feels very warm, becomes swollen or tender, or begins to ooze fluid.
- Notify your doctor at once if you develop a temperature greater than 100 degrees Fahrenheit.

**DIET:**

-You may resume your regular diet when you return home.

**PAIN CONTROL:**

-Take only the medication prescribed for you by your doctor at the time of your discharge from the hospital.

-Do not share this medication with others.

-Do not take your pain medication in conjunction with other pain medications.

-Take your pain medications in accordance with the instructions on the prescription bottle.

-In addition to pain medications, you may apply a warm compress to the affected shoulder.

-Take your pain medications with a small snack, as this may reduce the chance of developing an upset stomach/nausea.

**MEDICATIONS**

-Begin taking your medications as you were before the device was inserted.

-The device will not interfere with your medications or their scheduling.

-It is safe to take warfarin (Coumadin) and clopidogrel (Plavix) after your procedure, unless directed otherwise.

-Do not use lovenox or heparin for 48 hours after your device was inserted, unless directed otherwise.

## MAGNETS AND ELECTROMAGNETIC INTERFERENCE:

-Some devices or equipment that we encounter send out electrical signals that can:

1. Cause you to get a shock
2. Prevent your defibrillator from detecting life-threatening rhythm abnormalities in your heart.

-You should avoid:

- Airport magnet security wands
- Simply walk through the security gate at a normal pace
- Do not linger in the security gate
- Diathermy or other heat treatments
- Arc or resistance welding
- Electrical power generator plants
- Electric cautery that is used for surgical procedures
- MRI scans
- Radio or television transmitting towers
- Carrying stereo speakers on your shoulder near the device
- Working over running car engines

-Special Precautions/Notes:

- You must stay at arms length from magnets of any kind.
- Cellular phones should be used on the ear opposite to your device. Do not keep cellular phones in a shirt breast pocket over your defibrillator.
- To avoid any interference with your device, you must pass through any security devices or gates (airports, department stores, and other public places) within 10 seconds.
- Microwave ovens, televisions, electric tools, and gardening equipment should not cause problems.
- If you have any questions about equipment not listed, call the manufacturer of your device or the device clinic at Advanced Heart Care.

## GENERAL INSTRUCTIONS

-Always carry your device identification card with you. The device manufacturer will mail a permanent identification card to you in six to eight weeks after your device is implanted.

-Try to always remember the brand of your device.

-Keep your follow-up appointment with your doctor and the device clinic to be sure your device and the leads are working properly.

-Always take your medications at the times prescribed by your doctor.

-Always tell medical personnel that you have a device.

-Inform the device clinic if you begin taking any of the following medications or develop any of the following medical conditions, as they may affect the performance of your device:

-Medications:

- Steroids
- Amiodarone (Cordarone)
- Sotalol (Betapace)
- Dofetilide (Tikosyn)
- Quinidine
- Procainamide (Procanbid)
- Flecainide (Tambocor)
- Propafenone (Rhythmol)
- Verapamil (Covera, Calan, Isoptin, Verelan)

-Medical Conditions:

- Hypothyroidism

## WHAT TO DO IF YOU GET A SHOCK OR PASS OUT:

-If you get a shock one time and feel normal afterwards:

- Make sure to download via your home monitoring equipment
- Call in the next 48 hours to make an appointment to see your doctor.

-If you get a shock more than one time over a few minutes or if you do not feel normal after one shock, call 911 and notify your doctor.

## WHAT TO DO IF YOUR DEVICE MAKES A NOISE OR VIBRATES:

-If you have home monitoring, perform a download

## HOME MONITORING:

-You will receive instructions as to how to set up your home monitoring from the device company.

#### FOLLOW-UP APPOINTMENTS

-Make a follow-up appointment with your doctor 2 weeks after your implantation.

-This visit will be a short visit.

-At this visit, your doctor will examine your incision site to ensure healthy healing, remove the steri-strips (if they have not fallen off already), and answer any further questions you might have.

-Future appointments will be made at this time, but in general, you can expect regular home monitoring follow up and office visits only if there are any problems, concerns, or issues.

#### DEVICE COMPANY INFORMATION:

-Boston Scientific/Guidant: 1-800-227-3422

#### GENERAL QUESTIONS:

-If you have any problems or questions about your device, please call our office: 469-326-2636.

-Your doctor is Dr. Adam Shapira.

-Please try to keep your telephone calls within the given business hours for routine, non-emergent matters.

-For after hours questions, the Advanced Heart Care on-call physician can be reached at the above number.

-The physician will return your call as promptly as possible.

-In case of an emergency, please call 911.