



DISCHARGE INSTRUCTIONS
PACEMAKER/DEFIBRILLATOR IMPLANTATION

FIRST 24 HOURS:

Activities:

- It is normal to feel tired, slightly uncoordinated and need additional sleep as a result of the medications you received during the procedure.
- Avoid excessive movement, pulling or straining the arm on the side of the incision.
- If discharged before 24 hours, arrange for a care partner to bring you home. Do not drink alcohol or take any sedating drugs.

Care of the incision:

- Keep the protective steri-strips covering the incision dry and open to air. In most cases no additional dressing is needed.
- Observe incision for signs of bleeding and/or infection; i.e. swelling, increased pain, redness, any drainage, increased temperature, or opening of incision. If any occur, call **212 263-5656** 24 hours/day and a physician from the Cardiac Electrophysiology Service will be contacted.

24 HOURS THROUGH 2 WEEKS:

Activities:

- Avoid any strenuous lifting, straining, housework and exercise with the arm on the side of the incision.
- Avoid any overhead/reaching motion to prevent dislodgement of the leads that have been placed in your heart.

Care of the incision:

- You may shower, lightly pat steri-strips/incision dry. Do not bathe, swim or soak.
- Allow steri-strips to fall off on their own.
- Incision sutures will dissolve and do not require removal.
- Incision will usually heal over the first 2 weeks.
- Continue to observe incision for signs of bleeding and/or infection as described above. If any occur, call **212 263-5656** 24 hours/day and a physician from the Cardiac Electrophysiology Service will be contacted.

2 WEEKS THROUGH 6 WEEKS:

- Avoid any exercise or repetitive movements that places significant strain on the affected side such as: swimming, golfing, tennis, etc until the leads are well healed into place in your heart and the incision is healed completely.

MEDICAL FOLLOW-UP:

Pacemaker Implants:

- **Two weeks** after implant schedule an office visit with **Aileen Ferrick, ACNP** at (212) 263-3556.
- Ongoing Pacemaker follow-up usually includes office visits and telephone evaluation with **Ralph Tanzi**.

Defibrillator Implants:

- **Two weeks** after implant, schedule an office visit with **Aileen Ferrick, ACNP** at (212) 263-3556.
- If your device delivers a shock call the office of **Dr.Larry Chinitz** as soon as possible at **212-263-7149**.
- If your device delivers multiple shocks, call **911** or the local emergency number for immediate assistance.

Medications;

- **Continue:** all current medications
- **Coumadin:** Start _____mg on_____ Then_____
- **New Medication(s):** _____
- **Discontinue:** _____
- **Tylenol** may be taken as needed for incisional pain.

Additional instructions: _____

I have received a copy of the above and understand the instructions.

Patient Signature

07/16/02

Date

MD/RN Signature

Title