

Post Pacemaker Instructions:

- 1. Call Dr. Doucet's office after you get home to schedule a follow up appointment with Kim Flowers NP within 7-10 days. Our office telephone number is 303-544-1200. The appointment is for a "wound check." We will remove the clear dressing that was placed on the incision at the time of insertion but will leave the steri-strips intact. We will check the pacemaker insertion site for swelling, redness, drainage and any signs of infection.**
- 2. We request that you DO NOT take a shower for the first TWO days after arriving home. Thereafter, you may shower. The clear dressing will keep the pacemaker insertion site dry. Always pat the insertion site dry with a clean, dry washcloth. DO NOT rub the insertion site or the area around it. No other dressing should be applied over the insertion site.**
- 3. We do ask that you observe a few restrictions to insure adequate healing of the pacemaker site and to insure pacemaker lead implantation within the heart muscle. These restrictions include:**
 - a. Keep your affected arm in the sling at night if you have a tendency to sleep with your arm over your head to prevent pacemaker lead displacement. You do not need to wear the sling during the day.**
 - b. Do not raise the affected arm above shoulder level for the first 6 weeks after surgery. This includes reaching movements into cupboards, shelves, washing your hair etc.**
 - c. Do not lift any weight greater than 10 lbs. for the first 6 weeks after surgery.**
 - d. Restrict your exercise activities, except for walking, until you are seen for your post pacemaker wound check appointment.**
- 4. We ask that you call our office to speak with a nurse if you notice an increase in swelling, redness, bruising or pain or if you experience a fever or drainage and/or bright red bleeding from the pacemaker insertion site. Please note that there is generally a small amount of old, dried blood that can be seen on the steri- strips.**

Thank you!

Colorado Cardiovascular Center