

General Information

Patient Management/Activity

Take prescribed medication following your implant so that you are able to do gentle arm and shoulder rotations each day to prevent stiffness. Gradually increase these movements until your normal pre-implant activity level has been achieved (approximately 5 days). Do not do any heavy lifting or excessive reaching above the head with the arms as required for activities such as digging, wall and window washing or lifting of heavy objects. These jobs should be avoided until the Lead tip has had a chance to stabilize (takes about 6 weeks).

Followup Routine Visits

The first visit is usually scheduled for the first working day following your implant and should not take place later than one week. The next visits are at six weeks and six months post-implant depending on your particular situation/pacemaker. From that point on visits are usually scheduled annually until increased follow-up is required. Appointments may be rescheduled for any reason you are unable to attend or the weather makes it unsafe to travel. It is sometimes necessary for us to change your appointments to a mutually acceptable day. PLEASE BRING A CURRENT LIST OF YOUR MEDICATIONS AT EACH VISIT.

Handouts

At your first pacemaker/ICD assessment you should receive the following:

- this sheet of instructions that include activity guidelines and wound care, contact numbers etc.
- a temporary identification card to be destroyed upon receipt of the permanent card from the manufacturer of your device
- an information booklet from your company
- a medic alert application form (optional)

Traveling

Keep your pacemaker/ICD identification card in your wallet and show it to the airport security so that you may avoid setting off the alarm system. The arrhythmia management staff will give you a copy of your device printout for you to keep with your card in case of an emergency. If you wish, we can give you a contact name of a pacemaker/ICD physician near your destination.

Microwaves

A properly maintained microwave oven will not interfere with your pacemaker. All pacemakers/ICD's today, are made with special shielding so that there is no interference. If you experience symptoms when you are near any operating electrical device, remove yourself from the immediate area.

When to call the Arrhythmia Management Clinic:

- when you need to change your appointments
- if you have any questions/concerns regarding your pacemaker/ICD that cannot wait until your next visit
- if your incision site becomes swollen, red or changes
- when changing your address or telephone number
- if you pass out (faint) or fall for no apparent reason- go to the Emergency Department
- **Pacemaker/ICD appointments do not take the place of regular medical follow up by your family doctor**
- **New ICD implant: Do not drive for the next 6 weeks or until your follow up appointment**

***** If you have an ICD and receive one shock please call to schedule an appointment. If the ICD shocks you more than once within a 24 hour period go to the nearest Emergency Department.**