

Discharge advice for patients with a permanent pacemaker (PPM)

What will happen before I leave hospital?

You will be given a pacemaker identification card with the details of your device. Keep this card with you at all times.

You will also be given a home monitor to set up once at home.

You will have an x-ray taken which is checked by a doctor.

The nurse will clean the wound and apply a new dry dressing.

You should be given two new dressings to take home: please ask the nurse if this does not happen.

How should I care for my wound at home?

Always wash your hands before caring for your wound.

Leave the dressing on for the first two days, then replace the dressing and keep covered for a further two days.

After this you may leave the wound without a dressing.

Should I limit my activities?

- Avoid lifting anything heavy and avoid strenuous physical activities for the first six weeks.
- Avoid lifting your arm above shoulder level on the side of the implant and avoid using the arm to push yourself out of a chair for 6 weeks.
- Do not immerse the wound site in water for the first seven days. No hot baths or swimming. Showers are recommended after 24 hours. Do not wash the wound directly.
- Talc, deodorant and perfume should not be used near to the wound.

Driving

- You must not drive a car or a motorcycle for one week.
- If you hold a LGV or PCV licence then you must not drive for six weeks.

- You must inform the DVLA that you have a pacemaker and they can give further advice on any driving restrictions: visit www.gov.uk/pacemakers-and-driving.

Flying

- Always carry your pacemaker identification card with you and inform security that you have a pacemaker. Airport screening systems may, very rarely, cause problems with your pacemaker.
- Some countries may ask you to go through the security system. If this happens, it is important that you move quickly through the gateway.

Work

- Refrain from work for one week, sometimes longer, depending on your condition and type of job you do.
- If your job involves any strenuous activity, i.e. heavy lifting, then it is advisable to avoid this for longer.
- You should discuss your return to work with your employer and your doctor.

What signs should I look out for?

Keep an eye on the wound site over the next five days. If you have any bleeding or discharge, or notice any redness or swelling, opening of the wound, or excessive tenderness, please contact the Cardiac Care Unit.

How can I prevent a pacemaker related infection?

As well as wound care, long term it is important to have good dental hygiene, have regular check-ups with your dentist and to avoid body tattoos or body piercings.

What happens next?

A detailed report will be sent to your GP which will be copied to you.

If the hospital doctor would like to see you again in the outpatients clinic, an appointment will be sent out to you through the post.

Please help yourself to any of the information booklets available on the ward.

Feel free to talk to your nurse about any concerns you may have or any health education you feel you may benefit from.

Continue to use the nasal Octenisan cream twice a day until the tube runs out.

Contact details for the Cardiac Care Unit

If you have any concerns about your wound site, or specific to your cardiac procedure during your first week at home, please contact us.

Cardiac Care Unit

Telephone: 01273 696955, Ext. 64484.

You can call this number at any time.

Other useful contacts are:

The Cardiac Device Team

01273 696955, Ext. 64090. Monday to Friday, 9am to 5pm

Email: uhsussex.pacemaker.clinic2@nhs.net

For more general concerns, please contact your GP, or if it is an urgent health issue contact 111 for advice or 999 for paramedic assistance.

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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