

Discharge advice for patients with a Micra leadless pacemaker

What happened during this procedure?

An incision was made in the vein at the top of the leg so that a catheter could be inserted. The catheter system then positioned the Micra into the right ventricle of the heart. The Micra was placed against the heart wall and secured. The doctor tested the Micra to ensure it was working properly and then the catheter system was removed.

The small opening at the top of your leg was closed using a suture device (stitch). The suture is dissolvable and will not need to be removed.

Will I have any discomfort?

Most people do not have any pain or discomfort following the procedure. If, however, you feel discomfort at the puncture site, you may find taking painkillers such as paracetamol will help. If significant pain occurs at that area, consult the hospital (see over for details).

Bruising around the groin area can be normal and in extreme circumstances can go as far down as your knee. This is nothing to worry about and should gradually disappear.

How should I care for my wound at home?

For the first 48 hours at home

- Support your puncture site with your hand if you sneeze, laugh or cough.
- Avoid strenuous exercise until the area is well healed and comfortable (for example, do not climb stairs two at a time, ride a bike, dig the garden or play sports). Try to minimise bending the affected leg.
- Do not lift heavy objects (for example, nothing heavier than a full kettle of water).
- Keep a careful eye on the puncture site. Once you have removed the dressing the day after the procedure, keep the area dry until it is well healed.

- Avoid hot showers for 24 hours and avoid hot baths for 3 days (hot water encourages bleeding).
- Avoid drinking alcohol for three days after the procedure.

What should I look out for?

Keep an eye on the puncture site over the next few days.

In the highly unlikely situation of your wound starting to bleed, lie down flat and get a family member or friend to apply pressure on and above the bleeding area. The pressure should be applied for 10 minutes without peeping. This is the time a clot will take to form. If you release the pressure before 10 minutes the clot is unlikely to form. If the bleeding does not stop after 10 minutes, call an ambulance immediately.

If a lump starts to develop which is larger than the size of a 50p coin, lie down flat and get a family member or friend to apply pressure to the puncture site. Please call the Cardiac Care Unit if you are concerned.

Keep an eye on the wound 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.

What happens next?

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

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 to you through the post.

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

When can I drive?

By law you cannot drive a car or motorcycle for one week after your procedure. However, for some patients this may be longer due to other conditions or medical history. If you are unsure please check with your Nurse or Doctor.

If you hold a LGV or PCV license then you cannot drive for six weeks.

You must inform the DVLA that you have had a pacemaker fitted, and they can give further advice on any driving restrictions:

<https://www.gov.uk/pacemakers-and-driving>

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.

Telephone number: 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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