Discharge advice for patients with a pacemaker device box change

Patient information

What happens before I go home from hospital?

Your device will be checked by a cardiac physiol-ogist immediately and before discharge and they will arrange for you to have a device check approximately six to eight weeks after the procedure date.

You will be given a new pacemaker identification card with the details of your device. Try and keep this with you all the time.

The nurse should give you two dressings to take home. Please ask if this does not happen.

How should I care for my wound at home?

Always wash your hands before caring for your wound.

- 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.
- Leave the dressing on for the first two days and then replace the dressing and keep covered for a further two days. After this you may leave the wound without a dress-ing.
- Showers are recommended after 24 hours, but do not wash the wound directly. Do not immerse the wound site in water for seven days. No baths or swimming.
- Avoid using soap or a flannel, which may harbour infection.
- Talc, deodorant and perfume should not be used near to the wound.
- Avoid lifting any heavy objects or strenuous physical activities for the first two to three days to prevent bleeding.

How can I prevent 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.

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 licence then you can-not drive for six weeks.

You must inform the DVLA that you have had the box changed, and they can give further advice on any driving restrictions: **www.direct.gov.uk/en/motoring/driverlicensingmedicalrulesfordriver**

Is it safe to go through airport security systems?

Airport screening systems may, very rarely, cause problems with your device. Always carry your pacemaker identification card with you and inform security that you have a pacemaker.

Some countries may ask you to go through the security system anyway. If this happens, it is im-portant that you move quickly through the gateway.

When can I go back to work?

You should refrain from work for one week. If your job involves any strenuous activity, for ex-ample heavy lifting, then it is advisable to avoid this for one week.

You should discuss your return to work with your employer and your doctor.

What happens next?

A detailed report will be sent to your GP which will be copied to you. Feel free to talk to your nurse about any con-cerns you may have or any health education you feel you may benefit from. Please help yourself to any of the information booklets available on the ward.

Contact details for the Cardiac Care Unit

If you have any concerns about your wound site, or concerns about your cardiac proce-dure 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
Telephone: 01273 696955, Ext. 64090
Monday to Friday, 9am to 5pm
Email: pacemaker.clinic2@nhs.net

Arrhythmia Nurses:
Telephone: 01273 696955, Ext. 67041
Monday to Friday, 8am to 4pm
Email: uhsussex.arrhythmia.nurses@nhs.net

Cardiac Rehabilitation Nurses: 01273 696955, Ext. 64009
Monday to Friday, 8am to 5pm.

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

CPIG
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