

Springfield Clinic
Cardiology

Post Pacemaker / AICD Instructions

ACTIVITY:

- NO DRIVING FOR THE NEXT 4 WEEKS UNTIL YOU ARE CLEARED BY YOUR CARDIOLOGIST AT YOUR FOLLOW UP APPT.
- NO LIFTING THE AFFECTED ARM ABOVE THE SHOULDER FOR 4 WEEKS.
- No strenuous activities: such as golfing, swimming, heavy equipment operation, etc FOR 4 WEEKS.
- However, you should move your arm and shoulder so it does not become stiff.
- Avoid magnetic fields, arc welding, MRI scans.
- You may use your cell phone on the opposite shoulder (ear).
- You may use usual household equipment; hair dryers, microwave ovens, etc.

SIGNS TO WATCH FOR INFECTION:

- Elevated temperature, chills, drainage or redness at incision (more than usual for healing).

INCISION CARE:

- WASH DAILY with soap & water AND paint with betadine for 7 days
- You may shower but protect incision from direct high pressure water flow (you do not want to break open the skin).
- There are no sutures, steri strips (tape strips) may fall off, that is fine.
- Remove steri strips after 2 weeks if they are still attached.

PAIN:

- You may take Tylenol 325 mg 2 tablets every 4 hours as needed for pain.

FOLLOW-UP:

- YOU MUST SEE THE DOCTOR WHO IMPLANTED YOUR DEVICE IN 3- 4 WEEKS FOR A FOLLOW-UP AND A WOUND CHECK.
- Please call our office to make an appointment at 217-528-7541