



Cardiology Department

Discharge Advice for Patients following a Pacemaker Insertion

- Check your wound site daily for any signs of bleeding, swelling (swelling can mean that it is bleeding underneath the skin) or infection (redness, hot to touch, oozing). Contact the Cardiology day ward immediately on 01305 254990 if you have symptoms and you will be asked to come in to have the wound checked. If it is out of our hours (outside of Monday to Friday, 8am to 6pm) then go to the Emergency department.
- It is important that you limit the use of your arm on the same side as the pacemaker for one month. Avoid lifting it above shoulder height or placing it around your back. Do not use it to push, pull or carry heavy objects. This is to prevent the leads becoming dislodged, which can result in the procedure having to be repeated. Once you have had your one month check, then you can start to use your arm again (gently at first).
- If you experience any symptoms similar to those experienced before having the pacemaker inserted, you must contact the Cardiology department on 01305 255288 and ask for an appointment on the same day. Out of hours, please go to the Emergency department.
- The clear, protective dressing should remain in place for 7 days. It is 'splash proof', therefore you can shower, but you should avoid standing in the full flow of water to prevent the dressing lifting up as this can risk infection. If it does start to peel up at the edges then please see your practice nurse at the GP surgery to have it renewed.
- Do not have a bath until you have had your one month follow-up appointment.
- Do not go swimming until advised by your Cardiologist.
- If you have a removable stitch, this will need to be removed at the GP surgery 7 days after the pacemaker has been inserted. You will need to arrange this appointment yourself. If you have concerns regarding your wound site, then please contact Cardiology day ward on 01305 254990.
- It is normal for the wound site to be bruised and uncomfortable initially. Please take 1-2 Paracetamol 500mg tablets every 4-6 hours and always follow the instructions on the packaging.
- Always try to use a mobile phone in the ear furthest from the pacemaker and avoid keeping it in a pocket near to your pacemaker (usually 6 inches away is safe).

- You will be given a pacemaker ID card, which you should carry with you at all times. This can be presented in any hospital within the UK should you be concerned there was a problem with your pacemaker. You will also need this if travelling abroad to inform airport staff that you have a pacemaker fitted, as some equipment in airports can cause interference with the pacemaker.
- Anti-theft devices, such as those in shop doorways, can cause interference with your pacemaker. Please walk through them normally, but do not linger between them.
- You should avoid close contact with large electrical motors, such as car engines, generators and welders. If you have contact with these types of machinery, please discuss with your Cardiologist, or one of the pacemaker technicians, when you have your pacemaker checks and they will advise you.
- If you were instructed not to drive until the pacemaker had been fitted, then you should wait until you have had your one month check before recommencing driving. Otherwise, you can return to driving after one week. You must inform the DVLA that you now have a pacemaker. This is your responsibility. There is a form that you must complete on the internet; please follow the link below:

<https://www.gov.uk/pacemakers-and-driving> or telephone DVLA on 0300 790 6806 for further assistance.

For any further advice please contact the Cardiology day ward on 01305 254990, Monday to Friday between 8am and 6pm.

Feedback

If you are happy with the service provided within this department, or if you feel we could improve this service, we would be grateful for your feedback. Please contact:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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