



## **Pacemaker/ ICD (Implantable Debrillator) Post Operative Care.**

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### **Operative Day**

You will have a dressing bandage in place from the cath lab. It's a thick and tight dressing. You will have a sling.

### **Post Operative Day 1**

Take the sling off. You don't need to wear the sling, and you can gently move your arm above your shoulder to reach for the cabinet or put on a shirt. But be careful not to swing your arm around with any force. This limitation of arm movement will remain for 6-12 weeks post implant.

Take the big dressing off, but do not remove the steri strips.

Place a fresh 4x4 gauze and some paper tape over the site. The paper tape can be applied to two sides of the gauze only, so the site can 'breathe.'

Plan to change this dressing **once a day** with a fresh gauze and fresh paper tape.

**Keep the site dry**, no showers, no saran wrap. No ointments. Ok to sponge bath, but keep water away from this site for at least one week, until we inspect the site at the one week in office follow-up.

For the first week, best to wear loose shirts that can fully button open from the front.

**Post Op day 2-7** as described above.

### **Wound/device check day on Postop Day 6 or 7**

You should already have your appointment to meet our device technician in the office. We will inspect the pacer site and may say its ok to start showering.

### **Doctor visit week 3 or 4**

You should already have your follow-up doctor appointment scheduled for this time. By this time, your device site may already be fully healed.

## **FAQs**

### **Should I expect pain, swelling, bleeding?**

Pain is usually mild; Tylenol is usually sufficient.

A small amount of oozing may occur into the gauze on the first couple days.

A small amount of prominence will be expected at the pacer site.

### **When can I exercise?**

Ok for a walk outside the day after the procedure, but avoid perspiration.

Wait one week for treadmill.

Wait 6 weeks for swimming.

Wait 3 months for golf.

### **Is it safe to be around a microwave? A cell phone? Metal detectors?**

One step back from a microwave minimum is recommended.

Cellphones ok but don't place them in shirt pockets over the pacer site.

Airports will have you go around the metal detector, and wand your body.

Supermarket and retail metal detectors are fine, just walk through.

### **Is my device MRI compatible?**

Most new implants will be MRI compatible, but must wait 6 weeks for healing first.

If any questions or concerns do arise, please don't hesitate to call us!

702-233-1000.