



## **IMPORTANT INFORMATION AFTER PACEMAKER SURGERY**

### **Incision:**

1. Keep the incision area dry for the first four days after surgery. After that, gently wash the area with soap and water daily.
2. Let the steri-strips fall off by themselves, or they can be removed 7 days after the surgery.
3. Itching is a normal sign of healing. Keeping a cotton shirt over the area may help prevent scratching or irritation. Avoid scratching the incision.
4. Do not soak incision (in bathtub or pool) until instructed by doctor.
5. Increasing redness, swelling, pain, or drainage are NOT normal. If you see any of these changes please call your doctor immediately.

### **Diet:**

Whatever the child normally eats and drinks.

### **Activities:**

- Typically your child may return to school after their post-op check-up
- Quiet activities for two weeks (no Physical Education at school)
- No heavy lifting (10 or more pounds) with the arm that is on the same side as the pacemaker for one month.
- Avoid competitive contact sports (e.g. tackle football, soccer, basketball, wrestling etc.) that may result in physical trauma to the pacemaker.

### **Report the following to your doctor/pacemaker nurse immediately:**

- Increasing redness, tenderness, or any signs of drainage at pacemaker site.
- Temperature above 101.5 F.
- Dizziness, fainting, and/or a decrease in activity level.
- Complaints of irregular heartbeat.
- Any episode of physical trauma to pacemaker site (e.g. fall, severe blow).

**Special considerations:**

- AVOID places with a high level of electrical activity such as arc welding, high voltage areas and power generators.
- Keep the pacemaker site at least 6 inches away from objects that contain magnets such as: Large Stereo Speakers, CB Radios, Cordless Power Tools, Cellular Phones, Remote Control Devices etc...
- DO NOT linger under anti-theft detectors at store exits.
- DO NOT let airport personnel hold magnetic wand (metal detector) over the pacemaker site.

**Dental visits:**

Check with your pacemaker doctor to see if antibiotics are needed before dental work is done.

**ID:**

- Always carry the pacemaker identification card wherever you go.
- You may want to consider having your child wear a medical identification bracelet.

**Follow-up care:**

- Pacemaker wound check at one week post-op by the doctor who put in the pacemaker.
- Regular check-ups at your pacemaker clinic (at least once every 6 months).
- Monthly transtelephonics (pacemaker phone checks from home).