

Discharge Advice for Post Device Implantation

- **Permanent Pacemaker (PPM)**
- **Implantable Cardioverter Defibrillator (ICD)**
- **Cardiac Resynchronization Therapy (CRT)**



Wound Care

- Keep the wound dressing clean and dry. Do not remove the dressing until your appointment with your cardiologist.
- Inspect the site in the mirror daily and check for signs of infection or bleeding.
- Keep the dressing area dry when showering. Avoid getting the dressing wet. Pat the area dry with a clean towel if it accidentally gets wet.
- Do not scrub, rub or scratch around the implant site.
- Do not apply any lotion or powder around the implant site.
- Wear loose fitting clothing or a button shirt in the first two weeks after surgery.

Movement & Activity Restrictions

- Do not lift anything above 5 kg on the affected arm for one week.
- Do not raise the affected arm above shoulder height for one week.
- Avoid sudden and excessive movement of the arm on the side of the implanted device (pushing, pulling, twisting, swinging movements) for the first 8 weeks (about 2 months).
- Avoid sports such as swimming, tennis or golf for the first eight weeks.
- Do not drive for one week. Check with your cardiologist before you resume driving.

Medication

- Mild pain over the implant site is common in the first two to three days after the implant. Take the prescribed painkillers if required.
- Complete the prescribed course of antibiotics.

Implant Card

- A temporary card will be issued to you post implant.
- A permanent card will be mailed to your address within two months.
- Carry the implant card with you at all times.

Risk of Electromagnetic Interferences (EMI)

- Mobile phones can potentially interfere with cardiac devices because they often contain magnets as well as other elements that produce electromagnetic fields. Keep your phone 15cm away from your implanted device. Use the ear on the opposite side to your implanted device and do not put your phone in a chest pocket on the same side as your device.
- Before passing through a metal detector at security screening, inform security personnel that you have a cardiac device and show them your implant card.
- Always inform your doctor or healthcare provider that you have a cardiac device before undergoing any procedure or MRI scan.

Abnormal signs and symptoms of bleeding or infection around the implantation site

- Sudden severe pain
- Increasing swelling (mild swelling immediately after implant is normal)
- Redness and warmth
- Active bleeding (a soaked and red dressing or blood leaking from under the dressing)
- Presence of pus or yellowish discharge
- A fever more than 38°C after the implant

Seek immediate medical attention if you notice any of these symptoms

Contributed by Cardiology & Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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