You have just undergone pacemaker or ICD implantation at Boulder Community Health. We have discussed a lot of information about your pacemaker with you and your family while you were in the hospital. This instruction sheet is a summary of the most important facts we want you to remember. Please contact our clinic if you have any questions regarding your pacemaker and/or follow-up care: (303) 442-2395

Monitor for Signs of Infection

Signs of infection may include:

* Redness
* Streaking
* Draining
* Hot to the touch
* Increased swelling
* Unexplained fevers/chills
* Nausea/vomiting
* Pain that is getting worse instead of better
* Opening at the incision site

**Activity Restrictions**

* Do not lift your arm above the level of your shoulder or put your arm behind your back for 4 weeks
* Do not lift more than 5 pounds, push, or pull with your arm for 4 weeks. Avoid strenuous upper body activity for 6 weeks
* Wear your sling to sleep at night for 4 weeks
* You may drive after 48 hours
* Keep your incision clean and dry. Cover your dressing to shower. If it becomes wet for any reason, please remove it and leave you incision open to air. Do not apply ointments, lotions, or powders to your incision
* Please leave your steri-strips and/or staples in place. They will be removed at your device check 1-week post-procedure

**Follow-Up Care**

Other Precautions

* Before receiving any medical/dental treatment, be sure to tell your healthcare providers about your pacemaker/ICD
* You will receive an ID card for your device. Be sure to keep this card with you
* Avoid strong electromagnetic fields (industrial power generators, magnetic screening at the airport, etc.) Your pacemaker/ICD will *not* be affected by grounded electrical equipment (microwaves, computers, appliances, etc.)
* Avoid direct impact to the site of your device
* Repetitive arm/chest motion will increase the chance of breaking your pacemaker lead
* It is normal to have bruising, tenderness, and soreness at your incision site. This should gradually improve each day
* You will have a follow-up visit with Boulder Heart’s device clinic in 1 week
* Please plan to follow-up with your physician within 4 weeks post-procedure
* Please monitor your incision site daily for signs of infection (see *Monitor for Signs of Infection* section). Please note that it is critical to monitor for signs of infection and pocket erosion throughout your lifetime
* Please maintain regular follow-up with our device clinic for ongoing monitoring throughout your lifetime. Our device team will give you additional information about your monitoring schedule. It is important to keep these regular appointments to make sure your device is working properly
* Continue all medications as directed

**We appreciate being an integral part of your healthcare team. Please contact us if you have any questions or concerns prior to your upcoming follow-up visits or in the future: (303) 442-2395**