



## Heart Clinic of Louisiana

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## POST-OPERATIVE INSTRUCTIONS: PACEMAKER / IMPLANTABLE CARDIO DEFIBRILLATOR

Welcome to the Heart Clinic of Louisiana Device Clinic. Thank you for allowing us the opportunity to provide you with your new device. These are a few of the guidelines that we recommend regarding your post procedural care and follow-up.

Keep the incision site dry and open to air. You may shower, **no baths**, 2 days after your implant. Wash area with soap and water, pat dry, do not rub. If you have staples, you may shower after 4 days. If you have Dermabond, you may shower after 3 days.

You may notice some discomfort around your incision for a few days. Please contact our office if you experience any of the following: **fever, redness, swelling** or **oozing** at the incision site. If you have been given antibiotics to take at home, it is important to take them as prescribed and finish your prescription.

**No driving** until after your post-op office visit, or until otherwise instructed.

**No lifting, pushing or pulling** anything greater than **20 pounds** the first month. No constant repetitive motion with arm on the side that your implant is on. This will ensure that your lead (s) remain in position and prevent further surgery. It takes a few weeks for the lead(s) to become secure into your heart

After you are discharged from the hospital, please call (504)349-6810 to schedule a post-operative office visit for 7-10 days after your pacemaker implant. Your incision will be checked and the staples/sutures will be removed. Removal of staples/sutures is very brief and is generally painless.

An initial interrogation (device check) will be done at this time to insure your device is working properly. If your ICD delivers a shock, please follow the instructions you have been given regarding reporting the event and follow up.

Please review the detailed patient information packet you were given. We will go over dos and don'ts as well as certain options for checking your device from home. There are various resources available to pacemaker patients. These will be discussed in detail with you, as well as possible emotional and social issues faced by pacemaker patients. Please record any questions you may have and present them at your visit.

Thank you,  
Heart Clinic of Louisiana Staff