

**Avoid close exposure** to strong electrical, radio, and magnetic fields. The Device Clinic Nurse will discuss this information with you. If you have any questions, please call **MCVI** and ask for the Device Clinic Nurse.

- ♥ arc welding
- ♥ magnets or magnet wands
- ♥ airport security hand-held wands
- ♥ bingo wands
- ♥ stereo speakers
- ♥ battery operated cordless power tools
- ♥ MRI (magnetic resonance imaging) -- a diagnostic test performed in a hospital
- ♥ diathermy
- ♥ electro-cautery (used during surgery to stop bleeding)
- ♥ cellular phones
- ♥ security devices (do not stand in the doorways of stores, but you can walk through the doorway)

**AVOID:**

- ♥ large generators and power plants
- ♥ antennas typically used in the operation of ham or CB radios
- ♥ industrial equipment
- ♥ induction furnaces
- ♥ radar stations
- ♥ leaning over running motors

If you suspect your work environment may contain strong energy fields, please call the **MCVI Device Clinic Nurse**. She can answer your questions and address your concerns.

**Always notify your physician, dentist, therapist, or chiropractor that you have a Pacemaker when you go for your appointment.**

**MICHIGAN CARDIOVASCULAR INSTITUTE**  
**1015 S. Washington Avenue**  
**Saginaw, MI 48601**  
**(989) 754-3000**  
**1-800-99-EP-DOC or 1-877-725-6284**



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**1015 S. Washington Avenue**  
**Saginaw, Michigan 48601**  
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**Pacemaker Discharge Instructions**

**PLEASE CALL:**

**MCVI** for an appointment to have your incision checked and to receive your teletrace instructions and equipment.

One of our Device Clinic staff would like to see you two weeks after you are discharged. The office number is **(989) 754-3000** or **1-877-725-6284**. Please call the **MCVI Device Clinic Nurse** if you have any questions.

**INCISION:**

Inspect your incision daily and notify the nurse/physician if you notice:

- ♥ fever
- ♥ incisional pain that increases over time rather than decreases
- ♥ increased or continued drainage from incision sites
- ♥ swelling, increased redness, bruising, warmth or hardness around the incision(s).
- ♥ Keep incision dry
- ♥ **Do not** apply antibiotic ointment
- ♥ **Do not** remove steri strips

**Personal Hygiene:**

You may shower 48 hours after your surgery. **Avoid** long exposure of your incision(s) to water for about two weeks. Cover the incision with saran wrap to keep dry. Gently wash around the incision with mild soap and water. Pat dry with a clean towel.

**Activity:**

Gradually increase your activity by walking short distances at frequent intervals.

**Pacemaker settings:** The Device Clinic Nurse will review your pacemaker settings when you see her for the first evaluation (in approximately 6-8 weeks)

### **RESTRICTIONS:**

**DO NOT** lift anything heavier than 10 pounds for one month.

**DO NOT** raise the arm on the side of the PACEMAKER IMPLANT above the shoulder for 4 weeks. You may move the arm to shoulder level. **DO NOT** keep the shoulder stiff or immobile.

**Avoid** activities which require pushing or pulling for 4 weeks, e.g. vacuuming, mowing the lawn, raking, hoeing, sawing, moving furniture, laundry, bowling, or golf. Ask the **MCVI Device Clinic Nurse** if you have any specific activity questions. **Avoid** any activity that involves rough contact with your pacemaker.

**DO NOT** bump the pacemaker site. Contact **MCVI Device Clinic Nurse** or your Doctor if any break in the skin occurs. Women should consider putting a flannel sleeve around their bra strap to prevent irritation of the incision.

### **Medications:**

Always take your medication as prescribed by your physician.

### **Medic Alert:**

Medic Alert forms are available at our office. You may want to get a bracelet or neck chain to wear.

### **Pacemaker ID Card:**

A temporary ID card will be given to you prior to discharge. A permanent identification card will be mailed to you from the manufacturer of your Pacemaker in about 4-6 weeks. **Your ID card should be carried with you at all times.**

### **Returning to Work:**

Your physician will determine when you may return to work.

### **Travel:**

When you travel by airplane, present your ID card at the security check and ask to be cleared for passage with a hand search only.

**Avoid** the hand-held scanning devices and the walk-through airport security systems.

**DO NOT DRIVE** until the nurse checks your incision site (usually after 2 weeks).

### **Environmental Restrictions:**

Your Pacemaker is made to protect it from most interference produced by any electrical appliances in your home. **You can continue to safely operate most appliances and tools that are properly grounded and in good repair, including:**

- ♥ microwave ovens
- ♥ television, cable TV, AM/FM radios, VCRs
- ♥ small kitchen appliances
- ♥ washer, dryer, electric stove
- ♥ hand held items such as hair dryers, electric shavers/razors
- ♥ electric blankets, heating pads
- ♥ spark ignited internal combustion engines, such as lawn mowers, leaf blowers
- ♥ hand tools: drills, table saws (unless magnetized)
- ♥ garage door openers

### **AVOID:**

**Do not place a magnet on or near your Pacemaker unless instructed to do so by the Clinic staff.**