



Dr. Phillip Myatt

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PACEMAKER DISCHARGE INSTRUCTIONS

GENERAL

1. Keep pacemaker site clean and dry. Do not shower for 48 hours. Do not rub or scrub site. When you do shower, gently pat dry. Steri-strips may be covering the wound site let them fall off on their own. No bandage needed. Do not directly let shower hit the incision site. Wash your hands with soap and water before touching incision site.
2. Avoid hot tubs or swimming pools until wound is healed.
3. Do not put anything on incision (ointments, alcohol, peroxide, etc.)
4. Do not drive until your first appointment.
5. Keep elbow below shoulder where pacemaker is implanted to help prevent dislodgment of leads.
6. Avoid any pushing, pulling, and twisting for 6 weeks, for example mowing the lawn.
7. No heavy lifting for 6 weeks. No more than 5 pounds.

WHAT TO EXPECT AFTER PROCEDURE

1. Soreness or tenderness
2. Bruising in area of site
3. You may experience itching, this is normal. **DO NOT RUB OR SCRUB SITE.**

Call the office if you experience any these symptoms: redness, swelling, increased drainage, increased bleeding, warmth over site, increased tenderness, fever greater than 101 degrees F, Dizziness, palpitations, fast or slow heart beats, or any symptoms that you felt before the implant.

Please go to the Emergency Room or call 911 if you have excessive bleeding. Please do not drive.

If you have any questions, please notify our office 254-235-(WELL) 9355.