

Discharge information

For patients after insertion of a Permanent Pacemaker (PPM), with or without an Implantable Cardiac Defibrillator (ICD)

Wound/ dressing	<ul style="list-style-type: none"> – Leave the dressing on for 5 days – this is the best way prevent an infection. – The dressing is waterproof so it is okay to shower, unless your surgeon or cardiologist says that you should not. – After the dressing is removed, keep the site clean and dry. Do not apply any creams or powders to the area.
Monitoring your wound	<ul style="list-style-type: none"> – An infection around the wound site is a serious (but rare) complication. It is very important that you check the area every day for any signs of wound breakdown or infection. – If you notice any increased redness, heat, mucky discharge, or swelling, then see your GP as soon as possible.
Bleeding and swelling	<ul style="list-style-type: none"> – If you notice a new lump or bleeding under the wound site, place 3 fingers over it and apply firm pressure for 10 minutes or once the bleeding or swelling has stopped. See your GP if bleeding or swelling persists.
GP appointment	<ul style="list-style-type: none"> – See your GP 5 to 7 days after you leave hospital. All relevant information, including test results, medication changes, and a discharge summary, will be forwarded to your GP. Make sure your GP assesses your insertion site.
Pacemaker Clinic appointment	<ul style="list-style-type: none"> – To make sure that your device is working correctly, it will be checked at a pacemaker clinic 3 to 6 weeks after you leave hospital. – There are several pacemaker clinics. Your appointment will be at the clinic closest to where you live. After you are discharged you will be contacted with an appointment date and clinic details. – You will have 6–12 monthly appointments at the pacemaker clinic thereafter.
PPM / ICD identification card	<ul style="list-style-type: none"> – Your identification card holds valuable information about the make, model and settings of your device. Carry it with you at all times – If you are having any medical tests and are unsure if it will affect your PPM / ICD, please show your identification card to the appropriate medical staff; this includes your dentist – The card issued during this hospital stay is a temporary card. You will receive your permanent card at your first pacemaker clinic appointment.

Turn over for important information about physical activity, returning to work, driving, technology interactions, and what to do if you receive a shock from you ICD device.

<p>Activity</p>	<ul style="list-style-type: none"> - There are some restrictions on your activity for the next 3-6 weeks. It is important that you adhere to these to allow your wound to heal, and allow for the leads and generator to settle into position. - Please note the following restrictions: <ul style="list-style-type: none"> - Do not lift your arm above shoulder height (see picture). - Avoid heavy housework such as vacuuming or carrying groceries. - Avoid heavy lifting using the affected side's arm (ie. more than 2-3kg). - It is important to move your arm and use it as much as possible, while adhering to the above restrictions. This is to avoid getting a frozen shoulder. - Your other arm is not restricted. 
<p>Returning to work</p>	<ul style="list-style-type: none"> - This will depend on your occupation and the reason you had the PPM/ICD inserted. Please ask the medical staff when you can return to work. If you need a medical certificate, please ask for one.
<p>Driving</p>	<ul style="list-style-type: none"> - Driving restrictions vary depending on why you had the PPM/ICD inserted. Please see below. <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>You are strictly not to drive for:</p> </div>
<p>Technology interactions</p>	<ul style="list-style-type: none"> - Your device has some interactions with household appliance, tools and machinery. Please read the PPM/ICD handbook thoroughly. The handbook will be given to you when you are discharged from hospital. <p>Note the following warning and precautions:</p> <ul style="list-style-type: none"> - Mobile phones/devices transmitting Bluetooth/Wi-Fi: These should remain at least 15cm away from your device. Do not place them in a top shirt pocket. - Airports: Security screening equipment will not harm your device but it will set off the alarm. Please inform security staff and show them your device card. - Shop security detectors: These will not harm you device, but do not lean against them or stand next to them for a long time. - Medical machines that are unsafe: <ul style="list-style-type: none"> - MRI: these will severely and permanently damage your device - TENS units
<p>In the event of a device shock</p>	<ul style="list-style-type: none"> - This information only applies to patients with an ICD. In the event that you experience a single shock from your device, please call your device follow-up clinic to speak to a cardiac technologist or doctor. If you receive 2 or more shocks in the same day call 000 and seek medical advice as soon as you can.

If you have any questions, do not hesitate to ask the nurse looking after you before you leave. We are happy to answer any questions you may have. St Vincent's Cardiac Investigation Unit: (03) 9231 3104.