

You have a Pacemaker or Implantable Cardioverter Defibrillator (ICD)

Incision Care

- ✦ Remove the outer white bandage 3 days after your surgery.
- ✦ There may be white paper strips called "steri strips" under the outer white bandage.
- ✦ Leave the steri strips in place and allow them to fall off on their own, or remove after 14 days.
- ✦ Sutures do not need to be removed.
- ✦ You may shower or bath once the outer dressing is removed. Pat or dab the incision dry.
- ✦ Try to avoid direct water on the incision until it is completely healed.
- ✦ If you notice any signs of redness, warmth, swelling, severe pain, oozing, drainage or opening of the incision, call the Cardiac Device Clinic right away at 1-905-804-7735. If it is on a weekend, go to the nearest Emergency Department.

Medications

- ✦ Resume all previous medications.
- ✦ If you were taking Aspirin **AND/OR** Clopidogrel (Plavix) before your surgery, start taking this on _____

- ✦ If you were taking Warfarin (Coumadin) prior to surgery:
 - Restart at your usual dose and have your blood work (INR) checked by your family doctor in 5 days.
 - Other instructions: _____

- ✦ You may feel minor incision pain after your surgery. Acetaminophen (Tylenol) plain or extra strength will help relieve the pain and can be purchased over the counter at any drug store.
- ✦ Your doctor may have prescribed Tylenol with Codeine.
- ✦ Always carry a current list of all your medications.

Exercise

- ✦ Walk at a comfortable pace most days of the week.

- There are arm movement restrictions for the first 6 weeks.
 - Do not lift more than 5 pounds.
 - Do not raise the arm on the side of the pacemaker above the level of your shoulder, shrug or reach behind you.
 - It is important to keep moving your arm to avoid a "frozen shoulder" you can use that arm for normal everyday movements as long as the elbow is kept below the level of the shoulder. Remember to do the exercise that you were shown at the Pacemaker Clinic.

- There are no activity restrictions (battery pack change).

Driving

- ✦ You have been instructed not to drive for a defined period of time:
 - Pacemaker Implant: 1 week
 - Primary ICD: 4 weeks
 - Secondary ICD: 6 months: your doctor will have notified the Ministry of Transportation.

Meals

- ✦ Follow a Heart Healthy Diet: low in saturated fat, trans fat, cholesterol, salt and sugar.

Reminders

- ✦ You will get a temporary identification card after your procedure.
- ✦ A permanent card will be sent to you in the mail from the device manufacturer.
- ✦ Always carry your pacemaker or ICD identification card and program settings with you.

For ICD patients

- ✦ An application form for Medic Alert bracelet is included in your discharge package. Please apply for one and wear it all times.

Follow-up

- ✦ A clinic appointment has been set-up for you, please refer to the sheet that is included in your package.
- ✦ Please bring your medications in their original containers to all clinic appointments.

If you and your family member require more information please call: **Trillium Health Centre Cardiac Device Clinic**, 1-905-804-7735.

You and your family member can receive more information about Heart Disease by attending the **Trillium Health Centre's Cardiac Wellness and Rehabilitation Centre**. Please talk to any member of the health care for more details.

RCT's /Nurse's Signature _____
Patient's Signature _____

Date _____