

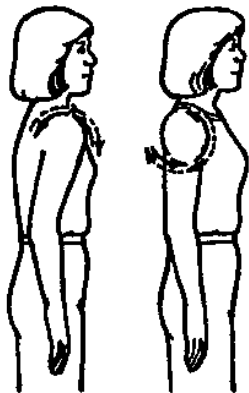
## Going home after a pacemaker insertion

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1. Keep all bandages dry.
2. Remove the top puffy layer of bandages \_\_\_\_\_.
3. Remove the smaller bandage \_\_\_\_\_.
4. Leave steri-strips on until first appointment.
5. Once the bandage is removed, you may bathe or shower or get the incision wet.
6. You may bathe or shower on \_\_\_\_\_.
7. Check for any redness, swelling or drainage from your incision daily.  
Call the Nurse Clinician right away if you notice any of these signs.

### For new pacemakers only:

- Do not do any heavy lifting for the next 6 weeks. This means do not lift anything over 10 pounds or 4.5 kilograms such as a bag of groceries, small suitcase or small child.
- Do shoulder rolls daily on the side of the pacemaker to prevent shoulder stiffness.



Stand or sit with good posture.  
Slowly rotate shoulders backward.  
Then rotate shoulders forward.  
Repeat 3 times.

Picture used with permission from The Saunders Group Inc.

- Do not raise your hand on the side of your pacemaker any higher than the top of your head for the next 6 weeks.

## Activities/recommendations

- It is recommended by the Ministry of Transport that you do not drive for one week after the implant **unless your doctor gives you other instructions.**
- We recommend that you wear a medical bracelet that has “pacemaker” on it. Ask your pharmacist for information on how to order one.
- You may have sex when you feel comfortable.
- Keep your follow-up appointments at the Cardiac Ambulatory Clinic.
- Carry your ID card with you at all times.
- **Bring a current list of your medications to each appointment.**

If you have any **non-urgent** questions or concerns please call the Arrhythmia Device Specialist office at 905-527-4322, ext. 44887.

If you need to change your appointment, call the Cardiac Ambulatory Clinic on 4 East at 905-527-4322, ext. 49084. Clinic hours are Monday to Friday, 8:30 am to 3:00 pm.