



MICRA Pacemaker Discharge Instructions

1. After 24 hours, you may begin to resume normal activities (including driving), except for the following:
 - Avoid squatting, bending, or stooping for the next 3-5 days
 - Avoid straining to have a bowel movement for the next 3-5 days
 - Do not lift anything that weighs more than 10lbs for the next 5-7 days
 - Avoid strenuous activities such as jogging or exercising for the next 5-7 days
2. Wash your hands for 20 seconds before and after touching the dressing and/or incision.
3. Remove the dressing the morning after the procedure and gently wash the puncture site with soap and water. Keep the site clean and dry.
4. May shower after 24 hours. No tub baths for the next 3-5 days.
5. Do not use lotions, ointments or powder on the incision site unless directed by your doctor.
6. Call your doctor if you have any increase in blood or drainage from incision site, fever of 100.5 or greater, or increased redness or swelling at the incision site.
7. Carry your pacemaker ID card with you at all times.
8. Notify any doctors or dentists that you have a pacemaker.
9. Avoid close proximity to:
 - High-powered electric current
 - Machinery with strong magnets or strong magnetic fields
 - Airport security wands above the waist. Security gates are safe to walk through.
 - Arc welders
 - Alternator of a large motor
10. MICRA pacing device is MRI compatible (Magnetic Resonance Imaging)
11. Notify your doctor if you feel you are experiencing any symptoms such as dizziness or chest pain.
12. Keep all appointments for follow-up care of your pacemaker.
13. Follow-up pacemaker interrogation appointment with Medtronic representative in your cardiologist office:

Date/time: _____

