


# Pacemaker Discharge Instructions

1. Any overhead arm exercises will be limited at the discretion of your doctor. Please ask your doctor to specify the exact restrictions and the length of time you will be restricted.
2. Leave dressing on incision site for 48 hours. Bandage may be removed on  
Date/time: \_\_\_\_\_
3. Wash your hands for 20 seconds before and after touching the dressing and/or incision.
4. After the dressing is removed, you may shower.
5. Wash incisions daily with mild soap and warm water and pat dry. Do not scrub the incision.
6. If you have steri-strips, do not remove them. Allow to fall off on own.
7. Do not use lotions, ointments or powder on the incision site unless directed by your doctor.
8. 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.
9. Carry your pacemaker ID card with you at all times.
10. Notify any doctors or dentists that you have a pacemaker.
11. Avoid close proximity to:
  - a. High-powered electric current
  - b. Machinery with strong magnets or strong magnetic fields
  - c. Airport security wands above the waist (security gates are safe to walk through)
  - d. Arc welders
  - e. Alternator of a large motor
12. MRI Scan (Magnetic Resonance Imaging) may be completed with some pacemakers. Notify MRI staff prior to procedure.
13. Notify your doctor if you feel you are experiencing any symptoms such as dizziness or chest pain.
14. Keep all appointments for follow-up care of your pacemaker.
15. Follow-up pacemaker interrogation appointment with pacemaker representative in your cardiologist office:  
Date/time: \_\_\_\_\_



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