

## Patient information

# Cardiac Resynchronisation Therapy (CRT) Pacemaker: post-procedure aftercare

### General information

It is OK to use a mobile phone but it is recommended to keep it 15cm (6 inches) away from the pacemaker site. Do not keep it in the breast pocket closest to your pacemaker.

Microwaves and other household appliances will not affect your pacemaker.

Avoid using or being in close contact with any welding equipment.

If you use devices for pain management, please consult one of our physiologists before using it.

If you have an induction hob, please consult one of our physiologists before using it.

Your pacemaker system **may** be MRI conditional, please discuss this with our physiologists.

### Wound care

Remove the dressing gently after seven days.

The stitches are dissolvable and should fall out on their own within a few weeks. It is unlikely that you will see them. If this does not happen, contact the Cardiology Department.

Do not have a bath or shower for two days after the procedure. Once the dressing is removed, gently shower the area and pat dry with a towel.

Underneath your dressing will be some steri-strips. Do not remove these, they will fall off naturally with bathing/showering. Do not pull or scratch at your wound site.

If the wound becomes inflamed, red or starts to ooze pus, you must contact the Cardiology Department immediately. It is normal to have bruising around the pacemaker site for the first week or so.

**If you have any concerns, please contact the Cardiology department on 01284 712536.**

## **Driving**

You may resume driving after one week.

Before driving, you **must** inform the DVLA and your insurance company that you have had a pacemaker implanted.

To inform the DVLA of your pacemaker implant please contact them on **0300 7906806**. Alternatively, you can do this online by visiting <https://www.gov.uk/pacemakers-and-driving>.

## **Arm movement**

The arm on the side of the pacemaker site should not be lifted above shoulder height for the first six weeks.

Do not lift any heavy objects with this arm until you have had your first pacemaker check.

Do not undertake physical activity such as swimming, gardening, hoovering or golf until you have had your first pacemaker check.

However, you should gently move your shoulder on the side of the pacemaker site to prevent a frozen shoulder.

## **Follow-up check**

Your first pacemaker check will be about six weeks after your pacemaker implantation.

After your first check you will be followed up routinely. If you have a new CRT Pacemaker implant, this will consist of a six week and then six monthly follow up.

If you have only had your CRT pacemaker generator changed, you will be followed up at six weeks before returning to a six monthly check.

## Travel information

Please keep your identification card on you at all times.

If you are going away on holiday you do not need to take your home monitor with you. If you are away for more than two weeks you will need to send us a manual transmission from your home monitor when you return.

If you are going to travel abroad, please show your identification card to the security team at the airport so they can advise you further.

Airport security checks will usually involve a wand being scanned over your body which will save you having to go through the normal metal detector.

## Urgent enquiries

**If you begin to feel unwell and require urgent medical assistance, please call 999.**

For non-urgent enquiries, please contact the Cardiology Department on: **01284 712536**, Monday - Thursday 8.00am - 5.00pm; Friday 8.00am – 4.30pm

## Useful contacts

West Suffolk Hospital switchboard 01284 713000

DVLA 0300 7906806

<https://www.gov.uk/pacemakers-and-driving>

Heart Helpline (British Heart Foundation) 0300 3303322

<https://www.bhf.org.uk/informationsupport/support/heart-helpline>

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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