

Patient information

Permanent pacemaker generator change: 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 dissolve on their own within a few weeks. It is unlikely that you will see them. If this does not happen, please 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 Diagnostic Cardiology Department immediately.

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

Driving

You may resume driving after one week.

Please ensure the DVLA and your insurance company are aware of your pacemaker

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

Your pacemaker site may be sore for the first few weeks, however you may use your arm as normal.

Follow-up check

Your first pacemaker check will be approximately six weeks after your pacemaker generator change. You will then return to your routine annual or 6 monthly follow up.

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 to Thursday 8.00am - 5.00pm; Friday 8.00am to 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/information-support/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 (formerly DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



© West Suffolk NHS Foundation Trust