

Behaviour after the operative implantation of a pacemaker

With new MR-compatible pacemakers, an MRI can be performed after appropriate preparation.

Travel

You should be able to travel without any difficulty provided you have agreed the nature and scope of your trip with your doctor. Journeys by plane, train and ship should not present a problem.

Inform the security or ground personnel at the airport and, if necessary, show your pacemaker ID. You will then be informed precisely about the behavioural measures at the security check point.

Journeys by car are straightforward. For your safety, you should always wear a seatbelt – this will not damage the pacemaker.

Electrical devices

There are many misconceptions about the effect of electrical devices on the functioning of a pacemaker. Household appliances, including electric and microwave ovens, do not impair the functioning of a pacemaker. Strong magnetic fields (magnet therapy, transformer stations, magnetic resonance imaging [MRI] using older machines or probes) should be avoided.

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Nevertheless, if you experience symptoms such as increased heart rate, irregular heart beat or dizziness in the vicinity of electrical equipment, you should remove yourself from the equipment immediately or turn it off. In case of doubt, inform your doctor about this occurrence.

Mobile telephone

You can use a mobile telephone, provided that you do not hold it too close to the pacemaker (at least 15 cm away). When making a call, hold the phone to the ear which is furthest away from the pacemaker (i.e. using the left ear if the pacemaker was implanted on the right side.)

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

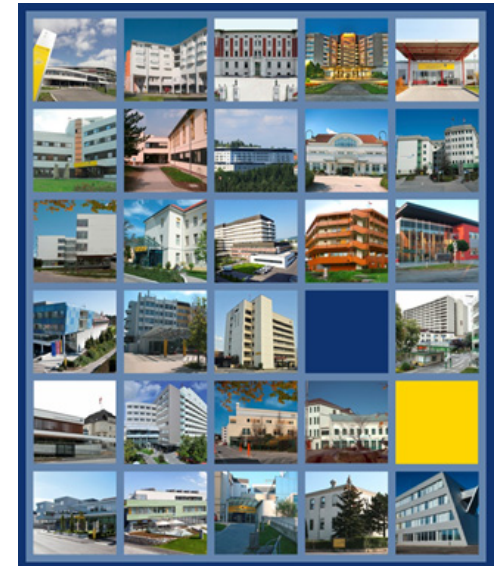
Your treatment team

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Internal medicine Discharge information



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**LANDES
GESUNDHEITS
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department. Please observe the following for the most favourable treatment outcomes: If non-absorbable stitches have been used, these will be removed by your GP. It is recommended to avoid vigorous arm or shoulder movements in the initial weeks after surgery, so that the electrode has time to fix itself firmly into the heart wall.

After the pacemaker has been implanted, regular check-ups must be carried out. The first check-up usually occurs two to three months after the implant. Subsequent check-ups then generally occur at 6 to 12-month intervals. It is important that you keep the pacemaker ID, given to you by the doctor carrying out the implant, with you at all times and that you bring it to every check-up.

Please consult the doctor treating you in the case of:

- swelling around the pacemaker pocket or pain in the chest
- fever, which may indicate an infection in the area around the pacemaker
- chest pain or permanent fatigue, dizziness and weakness
- breathing difficulties, irregular heartbeat and tachycardia

Living with a pacemaker

Once you leave the hospital, you will have to get accustomed to living with a pacemaker. Most patients say that it takes about six months to adapt. The majority do not experience any difficulties, but there are some things you should know:

As a pacemaker patient, you can pursue your normal everyday activities like gardening and housework, bathing, swimming, etc.

After consultation with the doctor treating you, virtually all occupations and hobbies can be practised in the usual manner. Sporting and sexual activities also can be resumed without any problems.

- If you are unsure or experience discomfort, please inform your doctor.
- If you need to take medication, in addition to your pacemaker, take this as prescribed by your doctor.
- Always attend aftercare appointments.
- Always carry your pacemaker ID when on trips and in your familiar surroundings.
- Before each examination, inform your dentist/doctor or the practice/hospital staff that you have a pacemaker fitted.

The following examination methods can be safely used for you:

- X-ray examinations
- Usual dental treatment, e.g. drilling

Caution: In the case of specific examination procedures and therapies, e.g. lithotripsy, transcutaneous electrical nerve stimulation or electrocautery, a risk-benefit assessment should be carried out in advance. If still necessary, the clinical staff should follow the appropriate precautions .