



**York Teaching Hospital**  
NHS Foundation Trust

# Pacemaker implant after care

Information for patients, relatives, and carers

① For more information, please contact:

**Coronary Care Unit**

Scarborough Hospital

Woodlands Drive, Scarborough, YO12 6QL

Tel: 01723 342332

**Vascular Imaging Unit**

The York Hospital

Wigginton Road, York, YO31 8HE

Tel: 01904 726065

Caring with pride

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Below are some helpful hints to aid recovery following your pacemaker insertion.

## How much should I do at home?

- On discharge, we advise you to take plenty of rest over the following couple of days. Gradually build up your activities to your normal level.
- Avoid extending your arm/shoulder for the first few weeks, so no reaching, lifting and stretching.
- Avoid rough contact that could result in blows to the implant site.
- Avoid rubbing the pacemaker site or the surrounding chest site.

## What about household jobs?

Avoid lifting heavy objects, pushing, pulling, mowing the lawn, or Hoovering until instructed by the clinic.

## Can I use a mobile phone?

You may still use a mobile phone as long as it is **not** carried over the pacemaker, for example not in a chest pocket, and you use the ear on the opposite side of the pacemaker site.

You must maintain a distance of 15 centimetres (six inches) away from your device.

## What about returning to work?

We advise you not to return to manual work for seven to ten days but you can return earlier for sedentary occupations such as desk jobs.

## What about driving?

You must not drive for one week after the implant on a standard licence.

## What about personal hygiene?

- Avoid hot baths. Take a cool bath or a shower for a couple of days.
- Keep your wound clean and dry.

## How do I care for my wound site?

- Keep the dressing on until the stitches/clips or steri-strips are removed.
- If the dressing becomes soiled or wet, wash your hands thoroughly, remove the existing dressing and replace with one of the new dressings given to you.  
**Do not touch the wound site.**
- You may notice some bruising; if the bruising is soft, this is normal. If the bruising is hard or the wound site starts to swell, or bleed/ooze apply firm pressure to the area and return to hospital.

## What about my medication?

Do not stop taking any prescribed medication unless your doctor instructs you to.

If you are taking warfarin, apixaban, rivaroxaban, dabigatran or edoxaban please ask the nurse or doctor before discharge when you should recommence taking your medication.

## Important Information

You need to make an appointment at your GP practice to have the closure material removed seven to ten days after your pacemaker insertion.

Contact us if any of the following occur. If out of hours, please contact your GP:

- You develop a fever.
- Your pacemaker site appears red or warm to touch.
- You have any concerns regarding your wound site.

York Hospital, Vascular Imaging Unit  
08.00 - 17.00 Monday to Friday  
Telephone: 01904 726065

Scarborough Hospital, Coronary Care Unit  
Telephone: 01723 342332

We will see you in the pacemaker clinic in four to six weeks' time; we will send you an appointment for this.

## Will I still be able to use electrical appliances?

Most electrical appliances you have at home will be safe for you to continue using provided they are in good working order. These include:

- Televisions, radios, CD and DVD players
- Electric blankets
- Hairdryers, shavers
- Washing machines, hoovers and ovens including microwaves
- Office type equipment such as computers, fax machines and the telephone
- Remote controls

There is also some equipment, which it is **not** advisable to use when you have a pacemaker implanted. This is usually because of strong electromagnetic fields or vibrations from this equipment. If it is important that you still use this equipment, please ask your doctor for advice. These include:

- Arc and MIG welders
- Heavy drilling equipment (not household drills)
- Discharging firearms such as those used in hunting
- Induction Hobs

**For usage of any other heavy electrical equipment, contact the pacemaker clinic on 01904 726525 (York Hospital) or 01723 342239 (Scarborough Hospital) for advice.**

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Vascular Imaging Unit, The York Hospital Wigginton Road, York, YO31 8HE or telephone 01904 726065.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

Please telephone or email if you  
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