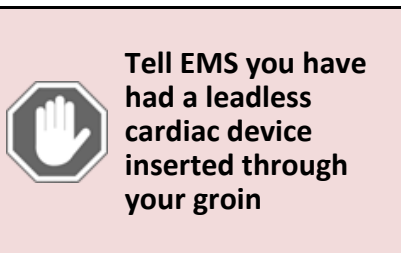


## Leadless Pacemaker Discharge Instructions

### Call 9-1-1 if you have:

- bleeding from puncture site—apply direct pressure to the puncture site until EMS arrives
- major swelling at the puncture site
- severe pain / swelling at the puncture site or in lower abdomen
- faint feeling, sweating or difficulty breathing
- severe chest pain.



For 24 hour professional health advice and information, call:



A leadless pacemaker is a small permanent device inserted under your skin through a vein in your groin and up to your heart. There are no leads or incisions like a typical cardiac device. This device monitors your heart rate and paces the heart when it is too slow, or as required. A pacemaker does not stop your heart from skipping or racing.

### Care of the Puncture Site in the Groin:

- Remove bandage 24 hours after the procedure.
- **Do not** shower for 24 hours after the procedure.
- **Do not** scrub the area. It may cause bleeding.
- **Do not** tub bath, soak or swim for 7 days after the procedure.
- Until the puncture site is healed:
  - ⇒ Clean the site gently with mild soap and water. Pat dry with a clean towel.
  - ⇒ Keep the site clean, dry and open to air after 24 hours.
- You may notice some bruising, slight swelling and a bit of soreness at the puncture site. This is normal and will get better.

### Activity

- Limit these activities for 1 week:
  - ⇒ Lifting more than 4.5 kilograms (10 pounds)
  - ⇒ Avoid straining, running or walking up and down stairs
  - ⇒ Sitting for prolonged periods—longer than 2 hours
- A lump, the size of a pea or marble, at the puncture site may persist for a few weeks.
- **Do not** favour the leg used for the procedure as this may cause stiffness and delay full recovery.
- You may feel dizzy in the first 24 hours after the procedure. Get up slowly and rest often.
- It may be helpful to have someone with you during the first 24 hours.
- Ask your electrophysiologist about returning to work.
- Ask your electrophysiologist about what driving restrictions apply to you. Minimum restriction is 48 hours.





### Call your healthcare provider, cardiologist or HealthLine if you have:

- shortness of breath
- return of the same symptoms you had before getting the device
- dizziness, faintness, blurred vision
- signs of infection such as redness, swelling, drainage (pus), warmth at puncture site
- increase of soreness around puncture site
- temperature higher than 38°C (100.4°F)
- numbness, coldness or tingling in the arm or leg used for the procedure.

For 24 hour professional health advice and information, call:



### Medications

- Take your medication exactly as directed.
- **Do not** stop taking your medications unless told to do so by your healthcare provider.
- If you have questions or concerns about your medications, talk to your doctor or pharmacist.
- For minor discomfort, ask your healthcare provider or pharmacist about pain medication.
- Check with your pharmacist before taking any over the counter or herbal products.
- If constipated, talk to your pharmacist about a laxative or stool softener.

### Special Instructions

- Always carry your device **identification card**.
- Carefully review your information from the Cardiac Device Clinic and call them if you have questions.
- Tell all healthcare providers, including dentists, massage therapists, chiropractors, physiotherapists that you have a leadless cardiac implanted electronic device.
- It is recommended you wear a medical alert saying you have an implanted cardiac device.

### Appointments

- Your pacemaker is programmed prior to your discharge and it is functioning appropriately.
- A follow-up appointment is made for you in 6 to 8 weeks in the Cardiac Device Clinic and is mailed to your home address unless you specify otherwise. If the date is not convenient, please call the Cardiac Device Clinic. After initial follow-up, you will have routine appointments with the Cardiac Device Clinic once a year. Note: Appointment times may vary).
- Keep all appointments with your healthcare providers and the Cardiac Device Clinic.

