

## Cardiology Unit

# Discharge advice: Pacemaker/ Implantable Defibrillator (ICD)/ Biventricular Pacemaker (CRT) Implantation and Box change

### General Advice

- Remove dressing 2 days after the procedure
- Keep the site clean and dry for 72 hrs
- You can shower or bath 1 day after the procedure
- The site can be sore for a couple of weeks after. Please take painkillers at home. Be careful not to exceed the recommended dose.
- The sutures are dissolvable (unless you have been told otherwise) and do not need to be removed.
- Sometimes medical “glue” is used; this will form a waterproof covering over your wound. The glue will usually fall off in 5-10 days, please do not pick at the glue.
- It takes 6-8 weeks for the wound to heal completely.
- If you notice any redness, swelling, blistering or bleeding of the wound site, please contact:

**Cardiology Hub 02476 965661 or Pacing Team : 02476 966419**



## Patient Information

### Activity after Implantation

- **CAUTION** when moving your arm. It **must not** be raised arm above shoulder level (prevents lead displacement). Once you have had your six week check appointment you will be able to move your arm normally.
- Avoid heavy lifting and manual work for one week.

### Flying

You can fly 4 weeks after your procedure. Should you need to fly before this, seek advice from your Consultant or Specialist Nurse.

### Pacing/Device checks

Please keep your appointment for your initial pacemaker/ICD check in approximately 6 weeks after implantation.

You will be sent a **Pacemaker / ICD registration card** in the post to keep with you at all times as it contains important information about your device.

### Discharge Advice following conscious sedation (if applicable)

The effects of sedation may take up to 24 hours following the procedure to go away and can affect your judgement and reflexes.

You may still feel a little sleepy, confused, clumsy, and dizzy or have a headache for the 24 hours following sedation.

Therefore, please follow this advice:

#### DO

- Stay with a responsible adult for the 24 hour period following your procedure
- Rest
- Drink plenty of fluid and eat a light diet

## Patient Information

### DON'T

- Drive a car or any other vehicles including bicycles
- Operate machinery or appliances such as cookers or kettles
- Drink any alcohol or take other sedative medication such as sleeping tablets
- Sign any legally binding documents
- Lock the toilet door, the person looking after you needs to be able to reach you.
- Be the sole carer for young children or dependents
- Carry out activities involving heights
- Carry out sporting activities

### Restarting anticoagulation

If you usually take anticoagulation such as:

**Warfarin/Apixaban/Edoxaban/Dabigatran/Rivaroxaban**

Please restart ../../.... At your usual dose Y / or .....mg

### Antibiotics post procedure

If needed, you will be given a 3 day supply of antibiotics to take home with you, please make sure to follow the instructions and complete the course.

### Current DVLA Driving regulations for:

- **Pacemaker new implant or box change/CRT-P new implant or box change** – must not drive for **ONE WEEK** following implantation/box change, unless indication for pacing is following a Myocardial Infarction (MI), in which case restrictions post MI apply, unless you drive a Bus/Lorry in which case you cannot drive for **SIX WEEKS** **\*\*If it is a new pacemaker implant you must tell the DVLA\*\***
- **Primary prevention ICD/CRT-D new implant** – must not drive for **ONE MONTH** after implantation **\*\*you need to tell the DVLA and can start driving 1 month following the implant if you do not require any treatment from the device during the 1 month after implantation\*\***

<sup>1</sup>Discharge advice: Pacemaker/ (ICD)/ (CRT) Implantation and Box change

## Patient Information

- **Secondary prevention ICD/CRT-D new implant** (post cardiac event with associated incapacity) – must not drive for **SIX MONTHS** after implantation **\*\*You must tell the DVLA\*\***
- **Secondary prevention ICD/CRT-D new implant** (post Ventricular Tachycardia without incapacity) – Must not drive for **ONE MONTH** can restart driving after one month as long as certain criteria are met – please check with pacing team before driving. **\*\*You must tell DVLA about implant\*\***

**Please note any new implantation of ICD/CRT-D if you drive a Bus or Lorry your license will be refused or revoked permanently (see DVLA website)**

- **Lead replacement/reposition** – must not drive for **ONE MONTH**.
- **ICD/CRT-D box change** – must not drive for **ONE WEEK**.

**Full driving guidance can be found on the government website:**

[www.gov.uk/driving-medical-conditions](http://www.gov.uk/driving-medical-conditions)

### **Useful telephone numbers:**

Cardiology Hub (07.30-20.00 - 7 days a week): 02476 965661

Ward 21 Cardiology Ward (24hrs a day/7 days a week) – 02476 965637

Pacing Team– 02476 966419

Arrhythmia Nurses – 02476 964794

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 02476 965661 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### **Document History**

Department:	Cardiology
Contact:	02476965661
Updated:	June 2021
Review:	June 2023
Version:	5
Reference:	HIC/LFT/1273/11

# Patient Information