

Cardiology Unit

Discharge advice - Pacemaker, Implantable Defibrillator (ICD), or Biventricular Pacemaker (CRT) implantation and box change

General advice

- Remove dressing 2 days after the procedure
- Keep the site clean and dry for 72 hours
- You can shower or bath 1 day after the procedure
- The site can be sore for a couple of weeks after the procedure. Please take painkillers at home. Do 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 to 10 days. Do not pick at the glue.
- It takes 6 to 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 – 024 7696 5661

Pacing Team – 024 7696 6419



Activity after implantation

Do not:

- × **Do not** raise your arm above shoulder level. Once you have had your 6 week check appointment, you'll be able to move your arm normally.
- × Do not do heavy lifting and manual work for one week.

Flying

- You can fly 4 weeks after your procedure.
- If you need to fly before this, ask your consultant or specialist nurse for advice.

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. This contains important information about your device.

Discharge advice for after conscious sedation

The effects of sedation may take up to 24 hours after the procedure to go away. Sedation 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.

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

For 24 hours, do not:

- × Do not drive a car or any other vehicles including bicycles
- × Do not operate machinery or appliances such as cookers or kettles
- × Do not drink any alcohol or take other sedative medication such as sleeping tablets
- × Do not sign any legally binding documents
- × Do not lock the toilet door - the person looking after you needs to be able to reach you.
- × Do not be the sole carer for young children or dependents
- × Do not carry out activities involving heights
- × Do not 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 / ormg

Antibiotics post procedure

If needed, you'll be given a 3-day supply of antibiotics to take home with you. Follow the instructions given and complete the course of antibiotics.

Current DVLA driving regulations

You must tell the DVLA if you have a new implant.

If you have a new implantation of ICD or CRT-D and you drive a bus or lorry, your license will be refused or revoked permanently. See the DVLA website for more details.

Full driving guidance can be found on the government website at www.gov.uk/driving-medical-conditions

Patient Information

Pacemaker new implant or box change & CRT-P new implant or box change

Do not drive for **1 week** after implantation or box change.

If you drive a bus/lorry, you cannot drive for **6 weeks**.

If the indication is for pacing following a myocardial Infarction (MI), post MI restrictions apply.

Primary prevention ICD/CRT-D new implant

Do not drive for **1 month** after implantation.

****you can start driving 1 month following the implant if you do not require any treatment from the device during the 1 month after implantation****

Secondary prevention ICD/CRT-D new implant (post cardiac event with associated incapacity)

Do not drive for **6 months** after implantation.

Secondary prevention ICD/CRT-D new implant (post Ventricular Tachycardia without incapacity)

Do not drive for **1 month**.

You can restart driving after one month as long as certain criteria are met – please check with pacing team before driving.

Lead replacement or reposition

Do not drive for **1 month**.

ICD or CRT-D box change

Do not drive for **1 week**.

Useful telephone numbers

Cardiology Hub (7.30am to 8pm, 7 days a week) - 024 7696 5661

Patient Information

Ward 21 Cardiology Ward (24 hours a day, 7 days a week) – 024 7696 5637

Pacing Team – 024 7696 6419

Arrhythmia Nurses – 024 7696 4794

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 5661 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

Department:	Cardiology
Contact:	25661
Updated:	March 2024
Review:	March 2026
Version:	6
Reference:	HIC/LFT/1273/11