

## Pacemaker Generator Change: Aftercare Instructions

You received a new pacemaker generator (battery and electrical circuit) to keep your pacemaker working. Please follow these instructions after you are discharged from the hospital.

*If you have  
any questions  
or concerns,  
please ask  
your clinician.*

### **Incision care**

- Do not shower or get the incision wet until after the wound check visit 7 to 14 days after your procedure.
- You can take off the clear bandage over the incision the day after your procedure.
- When your physician tells you it is OK, you can shower and get the incision wet. Let the water, soap and shampoo trickle over the incision. Do not scrub the incision or the area around it. Pat the incision dry.
- Do not take a bath or submerge the incision in water for 6 weeks.
- Do not put any lotions, creams or gel over the incision.
- You can take off the tape strips (Steri-Strips™) 1 week after your wound check visit.
- If you have Dermabond® glue over your incision, it will come off by itself each time you shower.
- Protect your incision from the sun to avoid sunburn and decrease scarring.

### **Activity guidelines**

- You **do not** have any arm movement restrictions.
- You may continue with your regular routine exercise as approved by your physician.

### **When to call your physician**

Call your physician if you have any of these signs of infection:

- A temperature more than 100 degrees F
- Redness, swelling or tenderness at the incision site
- Drainage from the incision site

**Call 911 or go to the nearest emergency department if you have any of these symptoms:**

- Chest pain
- Palpitations
- Fainting or passing out

For any questions or concerns about your pacemaker, please call the Device Clinic nurse at 312.695.1926.

## **Follow up visits**

If you have a MyNM account, you may be able to have your wound checked remotely by sending a photo of the incision to the Northwestern Medicine Bluhm Heart Hospital Device Clinic care team instead of coming in to the clinic. The clinic staff will contact you if a remote MyNM wound check is right for you.

It is very important that you keep your follow-up visits. The Device Clinic is located at:  
675 North Saint Clair Street  
19th Floor, Suite 100  
Chicago, Illinois  
312.695.1926 (TTY: 711)

## **7 to 14 days after your procedure**

You will need to come back to the Device Clinic for a wound check, or send a photo through MyNM if appropriate.

Your wound check appointment is on: \_\_\_\_\_

You will begin remote home monitoring. You will send a remote data transmission to your clinician every 3 months for the next year. You will have an in-person visit in the Device Clinic every 1 to 2 years. At that time, you will also see the electrophysiology nurse practitioner.