

**PACEMAKER OR DEFIBRILLATOR DISCHARGE**  
**INSTRUCTIONS**

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**Overview:**

During the first few weeks after surgery, you will need to take some precautions. These precautions and follow-up care are listed below.

**Activity:**

1. You may resume light activity the day after surgery.
2. You should limit the use of the affected arm for 24 hours. Gentle movements of the arm are encouraged but you should avoid jerky and sudden movements with your arms, and stretching or reaching over your head.
3. No vigorous activity (shoveling, sweeping, swimming motions, etc.) or over extension of affected arm for 4 weeks.

**Wound Care:**

1. Do not get the incision wet for 2-3 days or until the incision is well healed (i.e. no open areas). If in doubt, see your doctor. If the bandage you left the hospital with gets wet, then remove the dressing. Do not allow the site to become dirty.
2. Notify your Doctor if you experience any of the following:
  - Dizziness
  - Slow heart beat
  - Fainting spells
  - Incision is red or draining fluid
  - Incision is hot to touch or is very tender
  - You have a fever

**Follow-Up:**

1. You need to keep your appointment for your wound check that was given to you when the appointment for your procedure was made. Please note the day, time and which office it is scheduled in. This is usually 7-10 days after your procedure.
2. If you do not have a wound check appointment scheduled, please call (315)663-0500 to schedule.
3. Any questions, please feel free to call (315)663-0500.