



## **Leadless Pacemaker Discharge Instructions**

### ***How do I care for my groin site incision?***

Remove the bandage the day after your procedure and do NOT apply a new bandage. Wash the incision with soap and water in the shower daily and pat dry. Do not put any products or medicines on the incision. Do not submerge the incision under water (pool, bathtub), nor use steam rooms or saunas for 2 weeks.

### ***What are my activity restrictions?***

You can drive 24 hours after your procedure. However, you may be sore and want to wait longer to drive, especially long distances. After a leadless pacemaker implant, the activity restrictions aim to prevent groin incision bleeding. Any activities that involve a lot of movement in the groin region or those that increase pressure in the abdomen will also put pressure on the blood vessels where the incision was made. Therefore, during the first 4-7 days after the implant, avoid heavy lifting (more than 10 lbs), straining during bowel movements, excessive bending over, stooping, walking long distances, running, or climbing many flights of stairs. You may resume normal activity 1 week after the procedure.

### ***When can I return to work?***

If your job involves heavy physical exertion, take one week off work. If you are not physically active at work, you can return to your job in a few days.

### ***When will I follow-up?***

If you go home the same day the pacemaker is implanted, the following day, you will need a pacemaker check. Some leadless pacemakers can be checked remotely using a home monitor/transmitter. If your pacemaker can be checked remotely, someone from the Device Clinic will contact you the day following the procedure to walk you through the process of sending a remote pacemaker check. If your pacemaker cannot be checked remotely, it is important you have an appointment in the Device Clinic the day after the procedure. Unless otherwise directed, everyone needs to have an in-person appointment in 1-2 weeks. 4-6 weeks after pacemaker implant, you will have an appointment with either the Arrhythmia Clinic or the implanting cardiologist (or the NP on that cardiologist's team). Your pacemaker will be checked routinely every 3 months, including a minimum of one in-office check annually.

### ***What symptoms are expected after my pacemaker implant?***

- It is normal to have some groin site soreness, a small lump under the skin, and bruising that can even extend down the leg.
- Mild-to-moderate incisional pain that improves over time and is controlled with Tylenol.

***For what symptoms should I call South Denver Cardiology?***

- Worsening redness, pain, heat, or puffiness/swelling at the incision site
- Hiccups that will not go away
- New bothersome racing heart beats
- Recurrent symptoms like those for which the pacemaker was implanted
- Groin site pain that is severe or getting worse, groin site redness/warmth, oozing, bleeding, pus, or a groin site lump that is getting larger
- Severe or worsening pain, discoloration, coldness, or swelling in the leg with the groin site incision
- New-onset, severe post-procedure back pain
- Lightheadedness or dizziness

***For what symptoms should I call 911?***

- Groin incision bleeding that you are unable to stop
- Severe or new-onset shortness of breath, especially at rest
- Sudden-onset, severe chest pain
- Symptoms concerning for stroke: one-sided weakness, facial droop, sudden vision changes, speech changes, or changes in alertness
- Fainting

***When can I travel and what about the airport metal detector?***

We recommend you avoid travel until after you have had your first Device Clinic appointment 1-2 weeks after implant. There are no extra restrictions for traveling to higher elevation. If traveling by air, please let airport security know about your device because it will set the alarm off (it will not interfere with the pacemaker). You can go through the body scanner or security can use a wand to check you.

***When can I have other procedures, dental cleanings, or surgeries?***

We recommend waiting 6 weeks. Contact SDCA for instructions if you must have an invasive procedure within 6 weeks of pacemaker implant.

***Can I get my COVID Vaccine/Booster?***

Yes! Please don't delay getting ANY vaccines because you had a pacemaker implanted.

***What happens if I need an MRI?***

If it has been more than 6 weeks since placement, you can have an MRI in a hospital facility. The MRI staff will contact the device clinic to coordinate it.

***What do I do if I'm having trouble with my home monitor?***

The Device Clinic can be reached at 303-703-2139. A list of resources for technical support can be found on our website at <https://southdenver.com/device-clinic-get-a-tune-up/>

