DISCHARGE INSTRUCTIONS
FOR PATIENTS WITH A
PERMANENT PACEMAKER

1. Carry your pacemaker identification card with you at all times. A temporary card will be provided. Your permanent card will be sent from the manufacturer within 4-6 weeks.

2. Wear a Medic Alert I.D. Bracelet. An application will be provided

3. Wound care: Keep the dressing clean and dry. On ________________________ you can remove the dressing by peeling off the plastic and gauze. Leave the white paper strips in place. You can shower at this time. The white paper strips will fall off on their own. Call your physician or nurse if:
   - You develop drainage, redness or swelling at the incision site
   - You develop marked tenderness or bruising over the pacemaker site and it does not resolve
   - You develop a fever over 100.0 F

4. Initiating Coumadin: Not applicable: _______________. If you are restarting Coumadin post-operatively, you must have your level checked frequently to avoid thinning the blood too much. This can cause bleeding into the pacemaker pocket. You should begin taking Coumadin ______________ mg as directed: ______________
   You should have your next blood test (INR) done on: ______________
   The medical professional responsible for coordinating your Coumadin dosing is: ____________________________
   phone:___________________________. Please check your level _________________________ for ____________ weeks.

5. Activity:
   - You can resume your normal activity as tolerated, unless you have been instructed otherwise.
   - No vigorous activity with your ________________ arm for one month
   - Avoid rough contact with the pacemaker
   - Lift no more than 10 pounds for one month
   - Driving: __________________________________________________________________________________
   - Sexual activity may be resumed

6. Additional instructions:
   - Know your medications and take them as prescribed
   - Please remind dentists and other physicians that you have a pacemaker
   - You will automatically be enrolled in a pacemaker monitoring program which is done over the telephone. A monitor will be mailed directly to your home. This is important for your pacemaker care and does not replace routine office visits with your pacemaker physician.
   - Avoid strong magnetic fields as they may interfere with the pacemaker.

7. If you have any questions or concerns after discharge you can contact your implanting physician directly:
   - Laurence M. Epstein, M.D. (617) 732-5700 (page) beeper: 33430
   - Michael O. Sweeney, M.D. (617) 732-5700 (page) beeper: 15942
   - William H. Maisel, M.D. (617) 732-5700 (page) beeper: 13440
   - Bruce A. Koplan, M.D. (617) 732-5700 (page) beeper: 34680
   - Usha B. Tedrow, M.D. (617) 732-5700 (page) beeper: 31145
   - Pacemaker Nurse: Julie B. Shea, M.S., RNCS (617) 732-5700 (page) beeper: 11679 Office: (617) 732-6957

8. Follow Up Appointments: Pacemaker Clinic Date and Time: _________________________
   Brigham Medical Group, ASB II, 45 Francis Street, Boston, MA 02115
   (617) 732-4837 (to schedule or cancel appointments)
   ____________________________________________________________________________________________
   ____________________ ____________________
   Signature Patient Date: _______________________
   ____________________ ____________________
   Signature RN/PA Date: _______________________

Medical Record - White Yellow - Patient Pink - Department
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