

Patient and Family Education

CARDIAC DEVICE IMPLANTATION

Dear Patient,

This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always consult your doctor or healthcare professional for detailed medical advice.

About your condition / procedure

Please scan the QR code to watch the patient education videos produced by National Heart Centre Singapore to find out more about your heart condition and how to handle it.



Activity / Rehabilitation



- You may resume normal daily activities. However, to prevent dislodgement of the pacing wire, do take note of the following:
 - Do not strain or lift heavy objects using the affected arm where the cardiac device was implanted site.
 - Do not lift your affected arm above your head for at least 6 weeks.
 - Avoid vigorous sports such as soccer, rugby, hockey, etc.
- Do regular arm exercises as instructed by your doctor / physiotherapist to prevent a stiff shoulder on the side of the pacemaker.
- Adopt a healthy lifestyle:
 - Stop smoking – Smoking leads to clogging of your arteries of the heart resulting in reduced blood and oxygen supply to the heart muscles.
 - Keep stress under control – Continuous, unrelieved stress causes your heart to work harder and faster and constricts your blood vessels.

Safe and effective use of medication



- Take medications as prescribed.
- You may be asked to take a few days of antibiotics to reduce the chance of wound infection. If you develop any allergic reaction such as rashes or eye swelling, seek a doctor's attention as soon as possible. If you experience any adverse effects such as diarrhea or vomiting, stop the antibiotics and consult a doctor.
- Take all your medications regularly. If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.
- Do not combine them in one bottle or mix them with other medications.
- Do not stop any medication or change of dosage without consulting your Doctor.

Wound Care



- There will be a water-proof dressing over your wound. Take a light shower and gently dab dry. Leave the dressing on until your wound check appointment the following week.
- Keep your wound clean and dry. Swelling, tenderness, bruising and redness are common for a few days after the procedure.
- Look out for signs and symptoms of infection:
 - Pain, redness, swelling at pacemaker site
 - Pus discharges
 - Fever of 38°C and above.
- Do not apply any cream, ointment or powder on the wound unless instructed by your doctor.
- Avoid carrying heavy objects (more than 3 kg) including children, for 2 months. Avoid letting any object hit or cause any trauma to the site of pacemaker.

Special Instructions



- You will be taught to take your pulse rate. You are encouraged to check your own pulse rate daily.
- Read your cardiac device implant guide and always carry your temporary cardiac device implant identification. Original identification card will be mailed to your residential address in about 4 - 6 months' time.
- If you are travelling, show your cardiac device implant identification card to the officer at the airport security screening area.
- Avoid close contact with high magnetic fields e.g. welders, electrocautery machines, MRI scan used in hospital unless strictly necessary. Discuss with your doctor in such circumstances.
- You can undergo an MRI only if you had an MRI compatible device implanted and it must be at least 3 months after implantation. Discuss with your doctor in such circumstances.

Pain Management



- Refer to Patient and Family Education on Pain Management pamphlet given to you.

When and how to seek further treatment



During office hours

Call 6704 2000 to make an appointment with your doctor at the SKH Medical Centre.

After-office hours

Head to SKH Emergency Department if any of the following occurs:

- When signs and symptoms of infection arises such as:
 - Fever with redness, swelling, or purulent discharges at the surgical scars.
- When signs and symptoms of pacemaker dysfunction occurs such as:
 - Difficulty in breathing
 - Dizziness
 - Fainting spells
 - Swelling of legs, ankles, arm or wrists
 - Chest pain
 - Prolonged hiccups
- If you experience unusual heart rate increases or palpitations.
- Any other abnormal and / or prolonged symptoms which cause concern.

If you need clarification on any of the above conditions, contact your Primary Physician or the Nurse Clinician in-charge through SKH General Enquiry Line at 6930 5000.

Follow up appointments

- Keep your appointment(s) as scheduled, reschedule your appointment as soon as possible if you have missed your appointment.
- For any change of appointment(s), you can do so in the following ways:
 - Manage your appointment(s) on-line
 - Via SingHealth Health Buddy App
 - Call Call NHCS Appointment Hotline (6704 2000)
 - Email: central.appt@nhcs.com.sg

