

## Pre-Procedure Pacemaker Implant Instruction and Education

**Date of Procedure:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

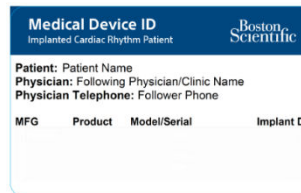
Your doctor has recommended a pacemaker as the next step in your care plan. A pacemaker insertion is a procedure in which a small device is placed under the skin, usually just below the collarbone. The pacemaker sends gentle electrical signals to your heart to help it beat at a steady, appropriate rate.

### This procedure is done to:

- Treat a slow or irregular heartbeat (bradycardia or heart block).
- Improve symptoms such as dizziness, fainting, shortness of breath, or fatigue.
- Support your heart's rhythm so it can pump blood more effectively.

### What to expect:

- The procedure typically lasts 1–2 hours.
- You will receive local anesthesia at the implant site along with sedation medication to help you relax.
- A small incision will be made in your upper chest, and the pacemaker leads will be guided into your heart through a vein.
- The pacemaker device will then be placed under the skin and connected to the leads.
- You will be monitored in recovery for a few hours post procedure.
- A chest X-ray will be done prior to discharge to confirm pacemaker placement and lead position
- A representative from the pacemaker company will check your device, provide you with a booklet containing information about your pacemaker, and give you a temporary ID card your wallet. A permanent ID card will arrive in mail in approximately six weeks



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### Before the Procedure

A nurse from Orion Heart and Vascular Surgical Center will call you before your procedure to review your medical history and answer any questions you may have.

### Fasting:

- You may eat a light meal 6 hours before your procedure and have clear liquids up to 2 hours before your procedure.

### Medications:

- Continue taking your medications unless instructed otherwise by your physician.
- If you take blood thinners (e.g., Coumadin/warfarin, Pradaxa, Eliquis, Xarelto), follow your cardiologist's or primary care provider's specific instructions.
- If you are taking a GLP-1 medication (such as Ozempic, Wegovy, Mounjaro, Rybelsus, etc.):
  - o Injections: stop 7 days before your procedure
  - o Oral tablets: hold day of your procedure
- On the morning of your procedure
  - o You may take your usual blood pressure, thyroid, and seizure medications.
  - o Hold insulin on the morning of the procedure, as you will not be eating and taking it could cause your blood sugar to drop too low.
- If you were prescribed antibiotics before the procedure, please fill in the prescription and take as directed

- Please bring a current list of your medications, including dosages, to your appointment.

**Allergies:**

- Inform staff if you are allergic to contrast dye, iodine, shellfish, or latex

**Bathing and Skin Preparation**

- Shower the night before and the morning of the procedure using antibacterial soap.
- Do not apply lotions, powders, oils, or perfumes to your chest or upper body area.
- Do not shave area razors create small cuts that can be a source of infection. Staff will prep the area on the day of the procedure.

**Clothing and Personal Items**

- Wear loose, comfortable clothing on the day of your procedure.
- Do not wear jewelry, makeup, or nail polish. Leave valuables at home.
- Bring your photo ID, insurance card, and any necessary referral forms.

**Transportation:**

- You must have a responsible adult to drive you home. You cannot drive, take a taxi, or use a rideshare service alone after the procedure.

**Day of the Procedure.**

- In the Preop Area the Orion Heart and Vascular surgery center Nurses will have you change clothes, sign consent, review your health history and medications, and start an IV
- The implant site will be cleaned and prepared.

**During the Procedure**

- The procedure usually takes 1–2 hours.
- You will receive local anesthesia at the implant site and mild sedation to keep you comfortable.
- A small incision will be made in your upper chest. The pacemaker leads will be guided into your heart through a vein, and the device will be placed under your skin.
- Most patients feel pressure but not pain during the procedure.

**After the Procedure**

**Recovery:**

- You will be monitored for a few hours post procedure
- A chest X-ray will be done prior to discharge to check the pacemaker leads and device placement.
- Bruising, mild swelling, or soreness at the incision site is normal.
- You may feel tired for 24–48 hours as you recover from sedation.
- A “bump” under the skin where the pacemaker is placed is normal.

**Restrictions:**

- No Driving for 2 weeks
- Avoid lifting your arm on the side of the implant above shoulder level **for** at least 2 weeks (this helps the leads heal in place).
- Do not lift anything heavier than 10 pounds, golf swings, tennis playing, swimming or any other forceful pushing or pulling motions (such as vacuuming) with affected arm for 6 weeks
- Wear an arm sling constantly for 3 days, then wear only during sleep for 2 weeks.

**Site Care:**

- Keep the incision site clean and dry for 3 days.
- You may remove the bulky pressure dressing 3 days after your procedure but leave the clear dressing you will find under.
- Do not submerge the incision in water (bathtubs, pools, hot tubs) until your doctor says it is safe.
- Watch for signs of infection: redness, swelling, drainage, warmth, or fever.

**Call Your Doctor Immediately If You Have:**

- Severe pain, swelling, drainage or bleeding at the site
- Fever over 101°F
- Numbness or tingling in the limb
- Redness with warmth around the site
- Chest pain, dizziness, or shortness of breath

**Follow-Up**

- You will need to call the office to schedule a follow-up appointment for **one week** after your procedure. At this visit, your incision site and pacemaker will be checked.
- Additional follow-up visits will be needed **3 months and 6 months** after your pacemaker implant to check your device function.

**Informative Videos**

**Pacemaker Implant Procedure**

Explains why pacemakers are needed, how they work, and step-by-step details of the implant procedure.



If you would like more information about pacemakers, you may visit the Boston Scientific website using the QR code provided



**We genuinely look forward to your visit and appreciate the trust you're placing in us with your care.  
We're here for you every step of the way.**