

**Patient
Information**

Pacemaker (PPM) Advice for going home

Introduction

This leaflet will give you information about your Permanent Pacemaker (PPM) and it should be read in addition to the information you have already received.

Caring for your wound

There are a number of things that you can do to look after your wound, lower the chance of infection and encourage healing. These include:

- Keeping the dressing clean and dry. Leave the dressing in place for 1 week; this means no showers or bathing for 1 week.
- Avoid wearing tight clothing such as braces or bra straps over the wound.
- Take care when wearing a seatbelt to avoid excess rubbing over the wound.

If you are concerned about your PPM wound

Please contact your Arrhythmia Nurse Specialist (not your GP or practice nurse) immediately if you are concerned about your wound and/or surrounding skin. Report any redness, swelling, oozing or new tenderness of your wound or surrounding skin as these may be early signs of wound infection. Also tell us if the wound is opening or you feel that the device is coming through the skin.

Out of hours

Most wound problems can wait until normal working hours when you can contact your Arrhythmia Nurse Specialist for advice. However, if the wound or surrounding skin is opening and/or if you can see pus (discharge) then please attend your nearest Emergency Department. We would expect you to be admitted to hospital.

Reference No.

GHP1170_08_19

Department

**Arrhythmia
Nurse Specialist**

Review due

August 2022

Patient Information

Restriction of arm movement

Following the implant of your PPM, your wound will take about 6 weeks to heal and for the leads to settle in. Therefore, for the first 4 weeks, we advise you **not** to lift your left arm (right arm if the PPM is on that side) above shoulder height, or take part in any heavy lifting, pushing or pulling. This will help to prevent the PPM leads from moving out of place. We also advise that you move your arm regularly to minimise the risk of a frozen shoulder or shoulder stiffness.

Driving restrictions

You must let the DVLA and your insurance company know that you have had a PPM implanted. Please do not drive for 1 week after the implant and only then return to driving when you are feeling well.

Follow-up appointments

One week after the pacemaker has been implanted an appointment will be made for the wound to be reviewed.

This will be either at your GP practice or in clinic with the Arrhythmia Nurse Specialist. **Please make sure that you have these appointment details before leaving the hospital.**

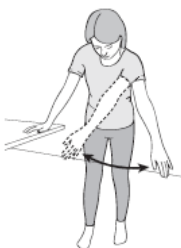
As part of your ongoing care, we need you to attend your PPM appointments as these are an important part of your care. They allow us to check that your PPM is working properly. Your first appointment will be 6 weeks after the PPM was fitted. If you are unable to attend your appointment, please contact the number on the appointment letter to rearrange.

PPM information

Details of your pacemaker and leads will be given to you at your 6 week outpatient appointment. This will be a printed document that you should keep with you at all times. You may wish to take photocopies of this document.

**Patient
Information****Exercises to prevent shoulder stiffness**

Let your affected arm hang relaxed straight down.
Swing your arm as if drawing a circle on the floor.
Change direction. Repeat 10 times



Let your other arm hang relaxed straight down.
Swing your arm to your left and then to your right.
Repeat 10 times



Let your arm hang relaxed straight down.
Swing your arm forwards and backwards.
Repeat 10 times



Sit or stand.
Roll your shoulders in both directions.
Repeat 10 times



Tilt your head from side to side.
Repeat 10 times

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Contact information

Arrhythmia Nurse Specialists

Gloucestershire Royal Hospital

Tel: 0300 422 8420

Monday to Friday, 9.00am to 4:00pm

E-mail: ghn-tr.arrhythmia.nurses@nhs.net

Cardiac Investigations

Gloucestershire Royal Hospital

Tel: 0300 422 8281

Monday to Friday, 9:00am to 5:00pm

Further information

Arrhythmia Alliance	Tel: 01789 450 787 www.heartrhythmalliance.org
British Heart Foundation	Tel: 0300 330 3311 www.bhf.org.uk
The Cardiomyopathy Association	Tel: 0800 018 1024 www.cardiomyopathy.org
Driving and Vehicle Licensing Agency (DVLA)	Tel: 0300 790 6801 www.gov.uk/pacemakers-and-driving
Gloucestershire Carers Hub	Tel: 0300 111 9000 carer@peopleplus.co.uk www.gloucestershirecarershub.co.uk
Let's Talk (Gloucestershire and Herefordshire)	Tel; 0800 073 2200 (Gloucestershire and Herefordshire) www.talk2gether.nhs.uk

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