



**Discharge Information for Patients with Permanent
Cardioverters and Defibrillators**

1. Once your doctor has fitted your pacemaker, the original manufacturer will provide you with a pacemaker identification card. Please keep this card safe and do not lose it.
2. It is important that you carry this card with you at all times, as it contains the name of your doctor and the type of pacemaker you have. This information could be critical in case of an emergency.
3. If you are traveling abroad and need to pass through a metal detector, you may trigger an alarm. In such cases, please present your pacemaker identification card first.
4. After surgery, you can follow your surgeon's instructions to lead a normal, active life. This may include moderate exercise, returning to your normal work or home life, traveling, and driving. However, until the wound has fully healed, it is advisable to avoid having a shower. Your surgeon will examine the wound during your follow-up visit and advise you when it is safe to do so. Lastly, it is also safe to resume your normal sex life.
5. If you require electrophysiological procedures or an MRI, discuss the appropriateness of these procedures with your primary care physician in advance. Also, avoid electrotherapy and radiation therapy and make adjustments as needed.
6. Avoid places with high voltage and electromagnetic waves. Most household appliances, such as TVs, toasters, vacuum cleaners, microwaves, and shavers, have no effect. However, keep a distance of at least 15 cm from cell phones or use speakers and Bluetooth headsets.
7. Measure your pulse rate for one minute at a set time each day and compare it



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to the number of heartbeats set by your pacemaker.

8. Contact your doctor or return to the clinic immediately if you experience any of the following symptoms:
 - 8.1 difficulty in breathing,
 - 8.2 dizziness or fainting,
 - 8.3 prolonged fatigue and weakness with a heartbeat below the pacemaker setting,
 - 8.4 edema in the extremities,
 - 8.5 chest pain,
 - 8.6 persistent hiccups,
 - 8.7 palpitations,
 - 8.8 have more than 2-3 consecutive defibrillator shocks.
9. If you notice redness, swelling, heat, pus, or exposure of the pacemaker implant wound or skin around the pacemaker, or if you have a fever, contact your physician immediately.
10. Schedule regular check-ups with your physician every three to six months to monitor your pacemaker's function and your overall health.
11. If you have any questions, please do not hesitate to contact us. Thank you for your cooperation.