



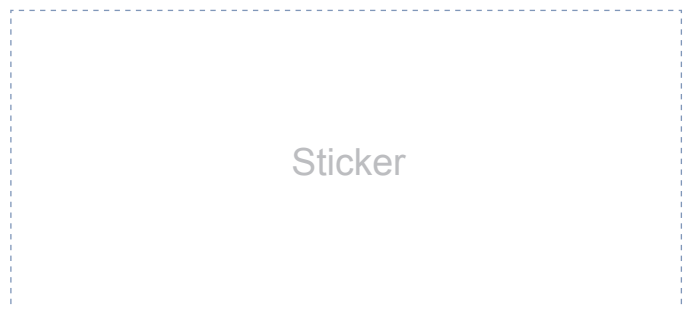
Pacemaker Therapy (PPM)

Reviewed: June 2025
Next review: June 2026
Version 6

Important contact numbers

Arrhythmia Nurse: 07970187324
Coronary Care Unit: 0141 951 5202
Ward 2 East: 0141 951 5250

Follow-up Centre



About this leaflet

The purpose of this leaflet is to provide information about Pacemaker Therapy and what you should expect during the course of your treatment.

Why is a pacemaker implanted?

A Pacemaker is implanted to treat slow heart rhythms (Bradycardia) which can cause symptoms such as light headedness, dizziness and fainting.

The Pacemaker is designed to help heart rhythm problems, reducing the risks and symptoms associated with them.

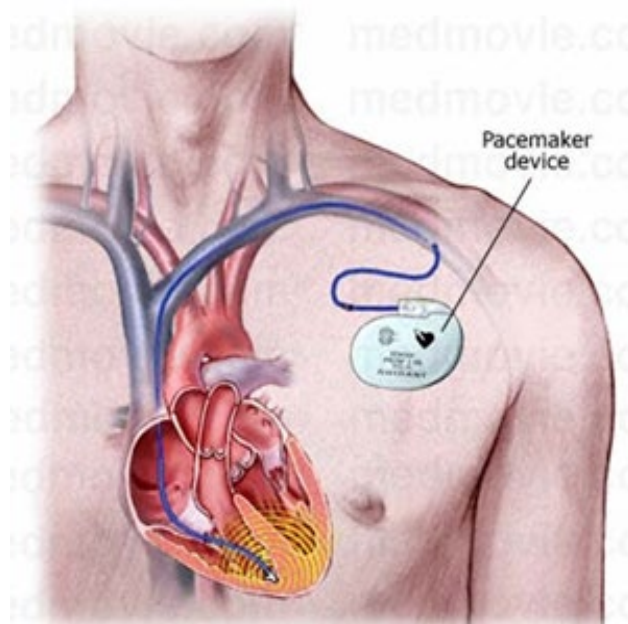
How a pacemaker works

There are 2 different types of Pacemaker: Single Chamber and Dual Chamber.

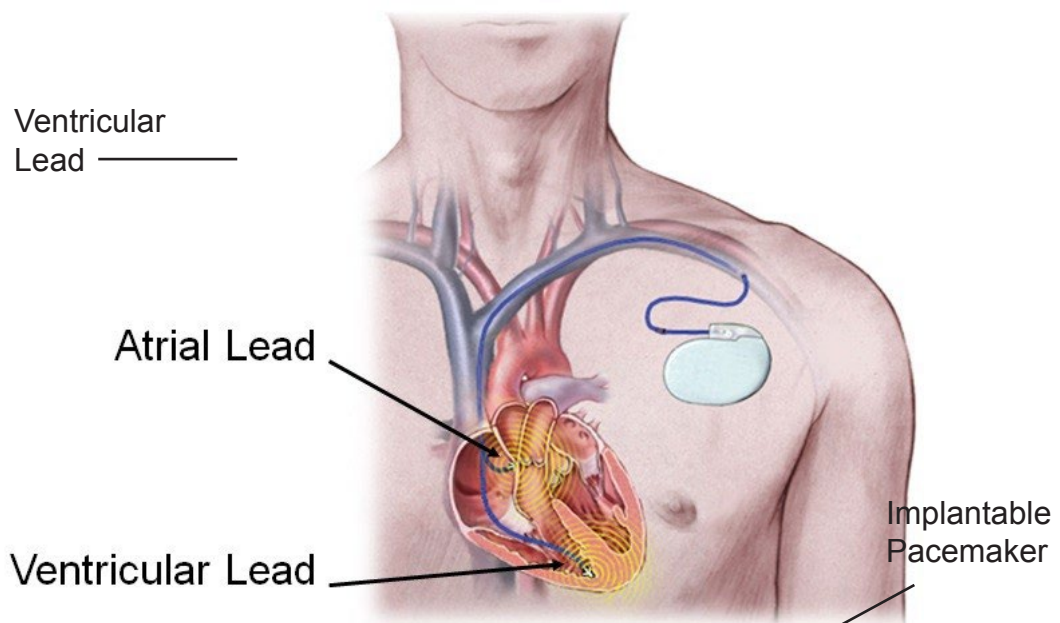
Both types work by continuously monitoring your heart rate and sending out pacing signals if your heart rate is too slow.

Your doctor will discuss with you which type of Pacemaker you should have implanted; this will depend on your heart rhythm.

Single Chamber Pacemakers have 1 lead implanted, usually in the right ventricle of your heart.



Dual Chamber Pacemakers have 2 leads implanted, usually in the right atrium and right ventricle of your heart.



> After you have your Pacemaker implanted

For the first 6 weeks following your implant, it is important not to over use your arm on the implant side to allow the leads to settle into the heart muscle and for tissue to grow around them, holding them in place.

You should avoid raising your arm above shoulder height or carrying anything heavy, such as shopping bags, during these first few weeks.



Wound Care:

- Leave your wound site covered for first 2 days after your procedure.
- On the third day, remove your dressing and shower or bathe as normal, allowing clean water to run over your wound and pat it dry with a clean towel.
- Do not rub the area with soap, perfumed products, or a towel. If your wound site appears to be healing with no signs of fluid/discharge then leave it exposed; there is no need for further dressing. Continue this daily until wound is completely healed.
- To prevent infection, make sure you wash daily, using a clean towel at all times and wearing clean clothes.

If you think you have an infection at your wound site, contact your Pacemaker follow-up centre.

Signs of infection include:

- Heat or redness at site.
- Pus/discharge.
- Swelling.
- Smell.
- Increased pain.

You will be advised about your medication prior to being discharged from the ward.

Pacemaker follow up

Your first follow up appointment will take place approximately 6 weeks after your implant and you will have regular follow up appointments at 3 months and annually after that. The Cardiology Department at your follow up hospital will keep you informed of your future appointments.

If you do not receive an appointment letter, it is important to contact Cardiology Department at your follow up hospital.

It is important that you attend your appointments as this will allow the team to check your pacemaker lead function and its battery.

There may be an option for monitoring your device from home. This may be through an app on your mobile phone or a box that sits at your bedside. This will be discussed at your follow up clinic.

Pacemaker battery

The battery in your Pacemaker will normally last between 5 and 10 years. As you get nearer to having this replaced, you will need to attend the Cardiology Department at your follow up hospital more frequently.

Having the battery replaced requires a theatre procedure similar to your initial implant. Normally the same scar site is used but the procedure can be much quicker, unless there is a problem with any of your leads.

Driving

The Driver and Vehicle Licensing Agency (DVLA) state that you cannot drive for one week following your implant.

Safety information

Most household appliances are safe to use with your pacemaker.

Mobile phones should be used on the opposite side to your implant.

All power tools should also be kept at arms' length.

You cannot undergo a Magnetic Resonance Imaging (MRI) scan unless you have been fitted with an MRI compatible device. If you are referred for an MRI scan, the doctor performing the scan (the radiologist) will need to check with your cardiologist / cardiac physiologist whether your device is 'MRI safe' or not. Even if the device is MRI safe, there are still precautions which may need to be taken.

Pacemakers can be sensitive to strong electromagnetic interference (EMI). If your employment requires you to be close to large industrial generators or other sources of EMI, you may need to take extra precautions. You should discuss any issues or concerns with your employer before you return to work.

As a rule if you begin to feel unwell using any equipment, stop and remove yourself from the area.

If you have any questions or concerns about safety of equipment, please contact the Cardiology Department at your follow up hospital for advice.

Pacemaker ID card

You will be provided with a Pacemaker identification card which includes your personal information, along with details of the pacemaker, leads you have implanted, the implanting physician and your hospital.

You must keep your ID card on you at all times as you may be required to provide it at any doctor/dentist/hospital appointments.

Travelling

When travelling ensure you:

- take your ID card with you;
- Inform your travel insurance provider that you have a pacemaker; and
- obtain information on the nearest hospital to your destination.

You may need to show your ID card when going through airport security so that staff know you have a pacemaker and can make a decision on whether to search you by hand rather than using the security gate/metal detectors.

 **Notes**