Care after Placement of Leadless Pacemaker

Follow these and other instructions given to you by your health care team for your care at home after placement of your leadless pacemaker.

Call the OSU Device Clinic at 614-293-8916 or 877-478-2478 if you have questions about these instructions.

Your upper leg wound care:
- The upper leg will have a dressing over the site used to place the pacemaker. The site should stay soft. You may have some bruising at the site and this is normal.
- Wash your hands well with warm water and soap for at least 15 seconds before or after touching your dressing or the wound.
- For the first 24 hours after surgery:
  ‣ Leave the dressing on for 24 hours after surgery.
  ‣ You may take a sponge bath. Do not shower or bathe while the dressing is in place.
  ‣ Wash your hands with soap and water for 15 seconds if you need to touch the dressing.
- Check your site each day and call the Device Clinic if you have:
  ‣ Increased swelling, redness, warmth, drainage or bleeding at the site.
  ‣ A fever greater than 101 degrees F or 38.3 degrees C, and do not have a cold or the flu.
- Remove the dressing after 24 hours.
  ‣ Wash your hands well before and after removing the dressing.
  ‣ Shower, letting the water gently run over the incision. Do not let the shower water directly hit the wound site, and do not soak the wound under water in a bath.
  ‣ Gently pat the wound site dry with a clean towel. You do not need to put another dressing on the site.
  ‣ Avoid soaking the wound site under water in a bath tub, hot tub, or swimming pool until the site is healed, often about 10 to 14 days after surgery.

Activity restrictions for the next 7 days:
- Do not lift, push, or pull any objects heavier than 10 pounds. A gallon of milk weighs about 8 pounds.
- Avoid straining to have a bowel movement to keep from putting pressure on the wound, which can cause bleeding.
- Limit stair climbing, bending, squatting, stooping, and long walks for the first week to allow the site to heal. If your bedroom is upstairs, try to avoid climbing the stairs more than 2 times a day, for example.
Driving restrictions:

- **Do not** drive for 24 hours after surgery, or as directed.
- If you have passed out, **do not** drive for 3 months after your last episode. Please call your health care provider, not the Device Clinic, if you have questions about this restriction.

Restarting your medicines:

- **If you take a daily aspirin**, restart it the day after surgery.
- **If you take Coumadin**, restart it the night of your surgery unless directed otherwise by your health care provider.
- **If you take Plavix**, restart it the day after surgery.
- **If you take Pradaxa, Xarelto or Eliquis**, restart it in the evening the day after surgery.
- **If you take other anticoagulants or medicines**, follow the instructions given to you for when to restart each medicine.

Pain relief:

- Take acetaminophen (brand name Tylenol Regular or Extra Strength) to relieve tenderness at the incision site. Follow package instructions for dosage.
- **Do not** take ibuprofen (brand names Advil and Motrin) and naproxen (brand name Aleve) unless approved for use by your health care provider.

Call the Device Clinic if you have:

- Dizziness, light-headedness or you pass out
- A very slow heartbeat - 40 beats per minute or slower
- Unusual shortness of breath
- Other signs that concern you

If you have any of these signs and need medical help right away, call 911.

If you are scheduled for surgery or to have a MRI scan, call the Device Clinic at 614-293-8916 or 877-478-2478:

We may need to make special arrangements for you before and after surgery. Please call us as soon as your procedure is scheduled.

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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