



Kawartha Cardiology  
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## **DEVICE CLINIC**

### **Pace Maker and ICD Clinic**

The Peterborough Regional Cardiac Rhythm Device Clinic provides follow-up for patients with Cardiac Implantable Devices such as Loop Recorders, pacemakers and Implantable Defibrillators. Registered Nurses and Cardiovascular Technologists who have special training and expertise in managing the devices and patients with cardiac rhythm problems, staff the clinic under the supervision of our Cardiologists. The clinic is open Monday to Friday from 8am to 4pm all working days of the year. Referral to this clinic happens automatically for patients implanted with device manufacturers.

### **What to expect at your first appointment after implantation**

The following appointment has been made for the initial assessment of your pacemaker and for the removal of the stitch.

At the initial appointment following your implantation, the stitch will be removed and full assessment of your pacemaker will be done. The settings will be customized to your needs through external programming. Please bring with you a complete list of the current medications and their doses of the medications themselves in their bottles. This will be done under the supervision of a Cardiologist.

If you were taking a blood thinner prior to the implant and were asked to stop taking it before surgery, please start taking it again immediately following the surgery. If the blood thinner was Warfarin or Coumadin, have your blood test – INR, done 5 days after you resume the medication unless otherwise instructed.

You should leave the large, white bandage that was applied to the pacemaker site in the operating room, in place for 3-4 days. If you are removing this, please ensure that you DO NOT disturb the white tape that you will see beneath the bandage. These white tapes are holding the suture in-place. Please keep the entire area clean and dry until after this visit. Do not apply any creams or lotions to the wound area. You may take Tylenol or Advil for any postoperative discomfort if you have no contraindicators to taking these medications.

Please refrain from raising your arm on the side of your new pacemaker, above your shoulder level and do not lift objects more than 20lbs. You should avoid shoveling snow or performing any yard work that requires raking. You may move your arms in a normal and gentle range of motion.

You will receive an identification card at the time of your hospital discharge, with the model and serial numbers of your pacemaker and lead(s). This is a temporary card, a plastic card with this information will be sent to you by mail from the manufacturer. Keep this card in your wallet. You will also receive an information booklet about your new pacemaker when you leave the hospital.

We look forward to meeting you at the clinic for your first follow-up visit. If you have any questions or concerns that arise prior to this appointment, you may contact us at 705-775-3333.