

INSERTION OF PACEMAKER

OVERVIEW

This pathway has been developed in an effort to streamline the episode of care for your *Pacemaker Insertion* and is intended as a guide only.

Each patient is an individual and responses may vary. Sometimes you may need to initiate treatment by advising nursing staff of your additional needs, such as more rest, sleep or extra pain relief.

DAY OF SURGERY

Admission

- On arrival to hospital, you will be admitted to the Day Procedure Unit.
- Your temperature, pulse and blood pressure will be taken and you will be weighed.
- Any hair around your collarbone area will be removed (usually the left side).
- Please ensure that you empty your bladder before you are taken into surgery.
- Your surgeon may visit and your anaesthetist will also see you to discuss the type of anaesthetic you are going to receive.

Please discuss any concerns you have with any of the health professionals that you see pre-operatively.

Observations

- After surgery, you will be closely monitored in the recovery room.
- You will be attached to a cardiac monitor until your Pacemaker is checked by a technician from the Mildura Cardiology rooms the following day.
- On return to your room, a nurse will continue to monitor your observations frequently and then less often as you recover.
- If you are a diabetic, your blood sugar level will be monitored.

Hydration / nutrition

- As you recover, you will be able to have fluids and then progress to a light diet as you feel up to it.

- You may experience nausea as a result of the anaesthetic, but medication can be given to help relieve this.

Medications / pain management

- After surgery, you will have a intravenous cannula in your arm, which may be used to administer any medications, should you require them.
- The cannula will be removed after your Pacemaker is checked the following day.
- Your normal medications and oral analgesia will be given when you are able to eat (unless directed otherwise by your doctor).
- Please let your nurse know if your pain is unacceptable, so that drug doses can be adjusted accordingly.

Mobility / Hygiene / eliminations

- You will be required to remain in bed with head no higher than 30° and with the buzzer within reach and the bed rails up until your Pacemaker is checked the following day.
- Please remember not to raise your arm above your head for one month.
- You will be given a wash in bed to freshen up post-operatively, and will also be required to use a bedpan / urinal to void.

Safety

- After surgery, it is very important that you practice deep breathing, coughing and limb movements every hour, while you are awake. This will help to prevent complications post-operatively, such as deep vein thrombosis or a chest infection.
- Make sure you have a nurse with you when you get out of bed for the first time the next day.

Wound

- Your wound will consist of an incision in your left collarbone area, about 4cm long, with a dressing on it.
- Keep your wound dry for two days.
- Do not use tank or river water to wash.

DAY ONE (until discharge)

Observations

- Your observations will continue to be recorded until you are discharged, but less often each day.
- If you are a diabetic, your blood sugar levels will also continue to be checked.

Medication / pain management

- Oral pain relief and your routine medications may be given. It is important to have your level of pain under control so that you are able to move more freely.
- Please tell your nurse if you require more analgesia.

Mobility / safety

- It is important that you continue to do your deep breathing, coughing and limb movements every hour, while you are awake, for the whole of your stay in hospital.
- Please remain in bed, with your head not raised higher than 30°, until your Pacemaker is checked.



DISCHARGE

- Follow up appointments with your specialist and surgeon will be made on your behalf.
- The cardiology technician will provide you with a Pacemaker information booklet.
- Prescriptions for medications will be organised on your behalf (if required).
- Remember to ask for your own medications to take home with you.
- Further information on your continued recovery at home will be given along with contact details in the event of complications.

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