

## **Living with a Pacemaker- Patient Information.**

- Driving:** The DVLA regulations state that if you hold a normal driving licence, you must **stop driving** for **ONE WEEK** post pacemaker implant. You must **NOTIFY DVLA**.
- If you are a HGV/PSV licence holder then you must **stop driving** for **SIX WEEKS** post pacemaker implant. You must **NOTIFY DVLA**.
- [Please note the DVLA review their driving regulations biannually]**
- Employment:** If you work in industry, telecommunications, car maintenance, welding etc then there is a risk of interference. You may need to have a site visit.
- Plumbing & Heating Engineers:** Magnetic water filters should be kept a minimum of 6 inches (15cm) away from implant.
- Home Life:** Most mechanical and electrical appliances that you use in normal daily life are safe to use. You can safely use microwaves, vacuum cleaners, lawn mowers and computers as long as they are in good working order.
- Electric shavers, beard trimmers, electric toothbrushes, hair dryers and any other electrical equipment used around the head or neck area **MUST** be kept at least 6 inches (15cm) from the implanted device and be in good working order.
- Induction Hobs:** You **MUST** keep at least 24 inches (60cm) between the top of the stove and the device.
- Do not** lean over the stove.
- Mobile & Cordless Phones:** You **MUST** hold the phone over the opposite ear to the device. **Do not** place in a breast pocket above the device.
- I pod's & MP3's:** Please keep units a minimum of 6 inches (15cm) away from your implant. **Do not** place in a breast pocket above the device.
- Hobbies:** **DIY-** You are able to use power tools as long as they are in good working order and you **MUST** keep a minimum of 6 inches (15cm) between the implant and the power tool.
- Chainsaws and Hedge trimmers:** you **MUST NOT** use.
- Car Maintenance-** See above for tool usage in addition to this you **MUST NOT** lean over a running engine.
- Sewing-** You can use sewing machines but you **MUST** keep a minimum of 6 inches (15cm) between the implant and the motor of the sewing machine.
- If you ever feel dizzy or experience palpitations whilst using electrical equipment, you should move away from the appliance and phone the pacemaker clinic for advice.**

**Holidays:** It is safe to travel abroad, however you **MUST** show your pacemaker ID card to the security officers and asked to be searched by hand.

**Shop Security:** You will not set the alarms off with the shop detectors (normally in the doorway) however it is not advisable to linger by them.

**Interference:** Mainly in an industrial setting, telecommunications, car maintenance, welding etc. However interference can occur in a hospital setting when certain types of investigations/ treatments are used. You may not be able to have an MRI Scan.

If you require the following investigations/treatments then your pacemaker may require monitoring and/or re-programming before and after the investigation/treatment.

Radiotherapy  
Treatment Ultrasound (used by Physiotherapists)  
Lithotripsy  
Surgery  
Cardioversion  
Defibrillation  
Certain Dental procedures

**Home Medical Devices:**

**Pendant Medic Alert Systems** are safe to use.

**TENS machines** can be used on the lower body only.

**Magnetic Therapy Devices** (jewellery etc.) must be kept a minimum of 6 inches (15cm) from the device.

**Ab-Stimulators:** You **MUST NOT** use.

**Electronic Body Fat Scale:** You **MUST NOT** use.

**Wound Care:** Remove the wound dressing after 48 hours. You **MUST** keep the wound dry for the next 7-10 days to avoid infection. The stitches are dissolvable.

If an infection occurs then the site would appear red, swollen, and painful, be warm and may ooze fluid. If this happens you **MUST** phone the pacemaker clinic.

Please limit arm movement to shoulder height and avoid stretching or carrying heavy loads for at least 3 weeks post implant to reduce the risk of lead displacement.

**Cremation:** The device will need to be removed before cremation.

Should you have any concerns regarding your device please contact us:

**PACEMAKER CLINIC: 01384 456111 ext 2156** We are available Monday to Friday (8:00 – 17:00)

If out of hours/weekend contact CCU 01384 456111