



## AFTER YOUR DEFIBRILLATOR INSTRUCTIONS

Your defibrillator was placed beneath the skin near your collarbone. You may feel some pain around the area for a few days while it heals. If the pain bothers you, take a couple of Tylenol® tablets every six hours as needed.

Take care of your incision site.

- ♥ Keep the area dry for 3 to 5 days. After 3 to 5 days you may wash it with warm water and soap without lotion or cream in it. Do not scrub the area.
- ♥ You may cover the area with a loose dressing, otherwise leave it open to air until it is healed.
- ♥ You will not need to have stitches removed - they will dissolve on their own. Occasionally, a stitch will surface before it dissolves. If this happens, do not pull or cut the stitch.
- ♥ Do not lift more than 20 pounds for the three weeks. Avoid lifting the arm nearest your defibrillator above your head for the next three weeks.
- ♥ Do not drive until your physician says it is OK.

Look at your incision daily while healing. Call us (505-563-2500) if you have any of the following problems:

- ♥ Fever greater than 101° within the next week
- ♥ A bad dizzy spell or blackout
- ♥ Significant pain or redness at the site
- ♥ Fluid leaking from the incision

We will need to see you in the office to check your defibrillator on a regular basis. You should receive an information card about your defibrillator by mail from the manufacturer within the next six weeks. Please carry the card in your wallet so that other health professionals can see what kind of defibrillator you have.

You can do little to harm your defibrillator. You don't need to worry about microwave ovens or other common household electrical appliances.

Your defibrillator may set off metal detectors at the airport. Inform the airport personnel that you have a defibrillator (show your card, if asked). Metal detectors will not harm your pacemaker.

Hand-held cellular phones should be used with caution. Keep your cellular phone at least six inches away from the defibrillator and listen to it in the ear opposite the side your defibrillator is located.

Avoid strong magnetic fields, such as radar stations and arc welders.

We are pleased to answer your questions or discuss your condition with other health care professionals.

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