

Clinic 3A
TTSH Medical Centre, Level 3

Contact:
6357 3774/6357 3775 (Clinic Hotline)
6357 7000 (Central Hotline)



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Department of **NURSING**

Post Cardiac Implantable Electronic Devices (CIED) Insertion Self Care Advice



This brochure aims to provide self care advice to patients who have undergone CIED implantation.

Types of CIED includes:

- Pacemaker (PPM)
- Automatic Implantable Cardioverter Defibrillator (AICD)
- Cardiac Resynchronization Therapy (CRT) devices

How Should You Take Care of Your Wound?

- Keep your dressing dry
- Avoid applying powder/cream over your dressing site
- Do not remove the dressing by yourself
- Do not apply pressure on your wound
- Do not scratch your wound
- Watch out for fever, redness, bleeding, pain, swelling or yellowish pus coming from your wound site. These are all signs of infection
- If your dressing accidentally falls off, please inform the clinic



Taking Care of Yourself at Home After Implantation

- Avoid raising your affected arm above your shoulder for the 1st week after implantation
- Avoid lying on the affected site during rest
- Choose loose fitting clothing or button up shirt for easy wearing
- Avoid strenuous activities such as cycling, jogging and weight-lifting (more than 5kg) for the 1st week after implantation
- Be cautious when showering. Avoid using hot tubs or taking baths
- Do not swim
- Avoid driving when you are feeling unwell

- Avoid using mobile devices near your implant (keep them at least 15 cm away)
- Move your affected arm after one week to prevent frozen shoulder
- You may resume normal activities as tolerated after your wound review in the clinic

How Should You Take Your Medications after Discharge From the Hospital?

- Complete your course of antibiotic medication prescribed upon discharge
- Take your painkillers when necessary



What Should You Do With Your Implant Identification Card?

- Carry your temporary implant identification card with you at all times
- Within two months, you will receive a permanent card from the device company



My Appointments

- Ensure that you return for regular check-ups at the appointed dates given to you



Go to the Emergency Department if you have these signs and symptoms:

- Fever, chills
- Excessive pain/bleeding over your wound site
- Inflammation such as redness, swelling, yellowish pus over your wound
- Experienced shock from your device (Only for AICD implantation)

