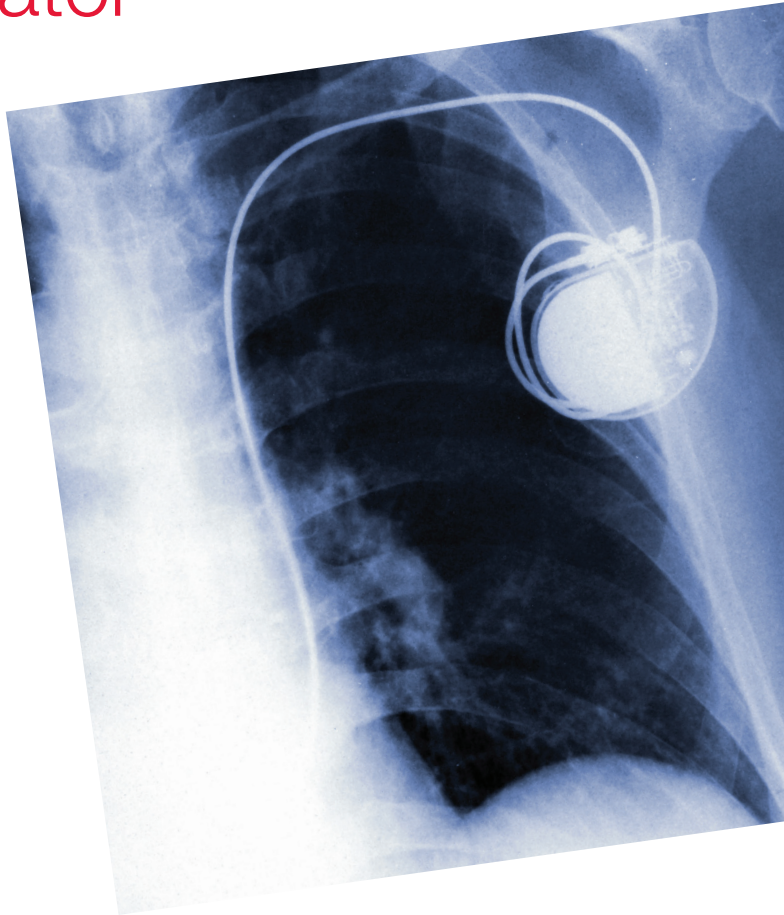


# Wearing a Pacemaker / Implantable Cardioverter Defibrillator



Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

## Caring for your wound

- Stand before a mirror
- Inspect your wound for signs of infection
- Keep your OPSITE Post-Op Visible (OPOV) dressing dry at all times

## Signs of wound infection

- A sudden increase in pain around the wound
- Increased swelling, heat or redness around the wound
- Increased amount of discharge or pus-like drainage from your wound
- Fever that is higher than 38°C



## Why do I need a follow-up?

You are advised to attend all follow-up appointments at the Ng Teng Fong General Hospital (for PPM) and the National University of Hospital (for PPM and ICD) scheduled for you. Please bring your appointment card, relevant memos, discharge summary and test results from previous consultations to these follow-ups.

In the first two weeks after you start wearing the PPM or ICD device, your Cardiologist (Electrophysiologist) will see you to monitor your wound, ensure that the device is functioning and identify therapeutic outcomes of your wound/condition.

Subsequent follow-ups may include further interventions and investigations, assessments of your condition and the functionality of the device.



## When is immediate help needed?

- Obvious signs of wound infection
- New and unexplained heart symptoms. Previous signs and symptoms return
- Prolonged hiccups and/or muscle-twitching in the chest or arm where the PPM/ICD is
- You had more than two ICD shocks in the last 24 hours
- You feel unwell

Please visit the nearest Emergency Department if you experience the above symptoms.



## When must I seek early medical attention?

Patients who experience the following symptoms within 24 to 48 hours should go to the nearest Emergency Department or a Cardiology clinic:

- One ICD shock within 24 hours
- Giddiness, lightheadedness or heart palpitations from exposure to an electromagnetic interference (EMI) source

## Important

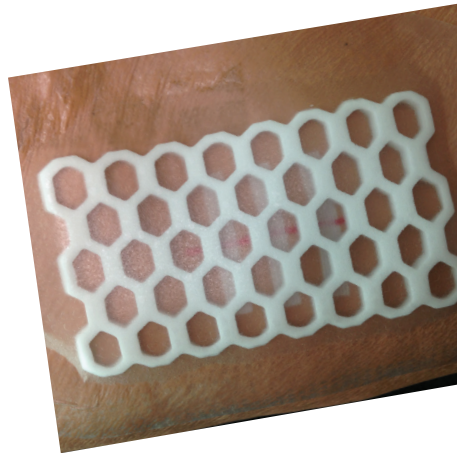
- **DO NOT:**
  - Raise your arm above your shoulder (where the PPM/ICD is) for at least two weeks after surgery
  - Lie on the side where the PPM/ICD is for two weeks after surgery
  - Carry heavy objects that weigh 4 kg or more where the PPM/ICD is
- **AVOID:**
  - Extreme pushing, pulling, twisting or jerking of your arm where the PPM/ICD is

- Trauma and unnecessary touching of the area where the PPM/ICD is
  - Contact sports (e.g. rugby) or any sports that require excessive stretching, twisting and repetitive swinging of the affected arm
  - Devices that emit vibration (e.g. massagers, massage chair with vibration or tapping ability)
- **Electromagnetic Interference (EMI)**  
Be careful around EMI sources. If you feel giddy, lightheaded or have heart palpitations from being exposed to an EMI source, walk away or switch off the device. Seek medical help if these symptoms cause you discomfort.
- Keep your PPM/ICD card with you at all times.
  - Comply with all the medication prescribed to you. Together with the PPM/ICD device, it can help you manage your condition better.

## Dressing guide

Check for the following symptoms around the perimeter of your wound (image on the right):

- Active bleeding
- Wound infection, such as:
  - Redness, increased swelling, heat
  - Increased discharges
  - Pus-like discharges
  - Fever ( $>38^{\circ}\text{C}$ )
  - Sudden increase in pain
- Do not:
  - Remove the dressing until your next appointment at the Cardiology clinic
  - Touch the steri-strips at all times
  - Touch the area where the PPM/ICD is



Acknowledgement:

Nursing Department and Electrophysiology Service, National University Hospital

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

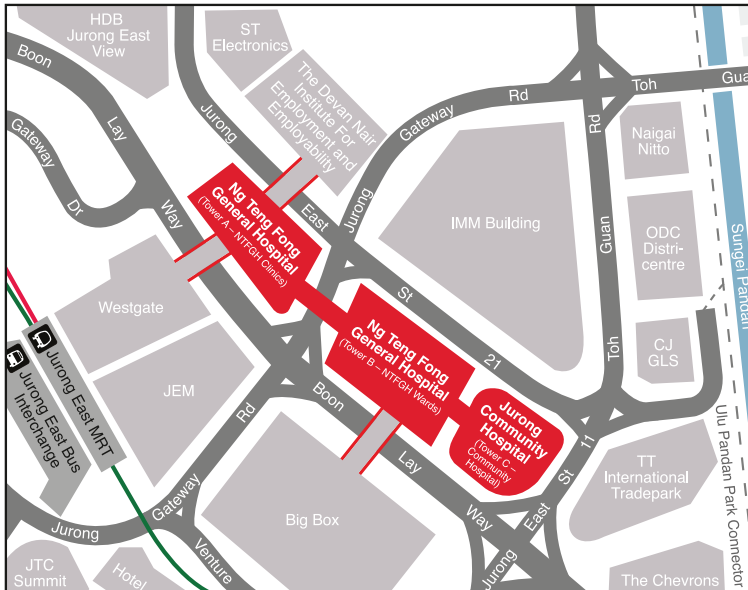
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or mental condition. Information is accurate at the time of printing.