

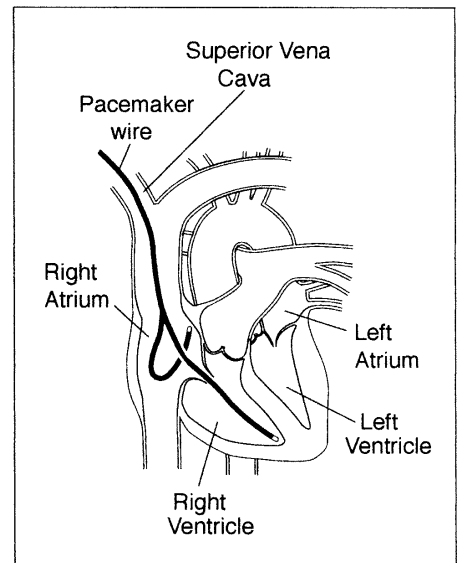
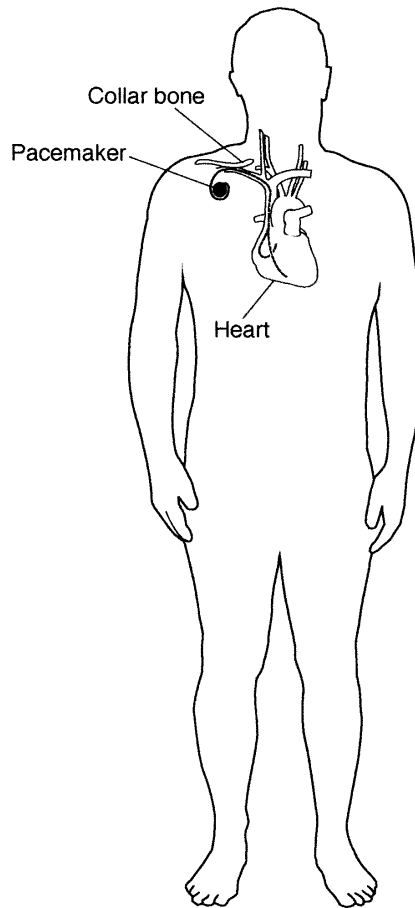
Pacemaker

A pacemaker is a small device that helps control your heart rate by:

- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the heart beat regular if it is irregular

A pacemaker is placed in the chest during surgery. Wires called leads are put into the heart muscle. The device with the battery is placed under your skin, below your shoulder.

An adult family member or friend needs to come with you to take you home after your surgery. It is not safe for you to drive or leave alone. Have an adult stay with you at home for the first day after your surgery.



Arrive on time for your appointment. The surgery will take 1-2 hours.

To Prepare

- Talk to your doctor if you take blood thinners or have diabetes.
- Do not eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with sips of water only.

心脏起搏器

心脏起搏器是帮助您控制心率的一个小装置：

- 心率太慢时，它加快心率
- 心率太快时，它使之慢下来
- 如果心率不齐，它则有助于心率规则

心脏起搏器是由手术置入胸部的，称为导管的电线被放入心肌中。此带电池的装置被置入您的腋窝皮下。

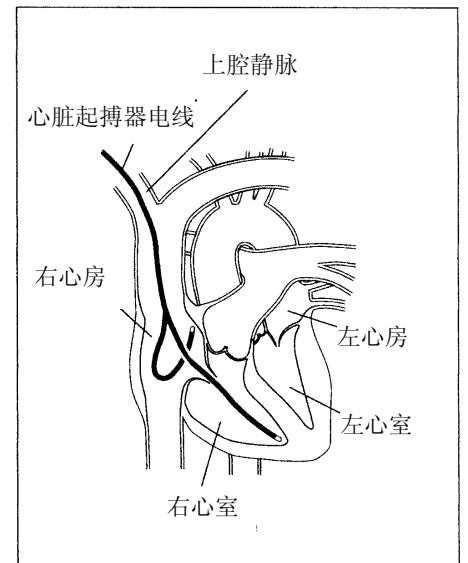
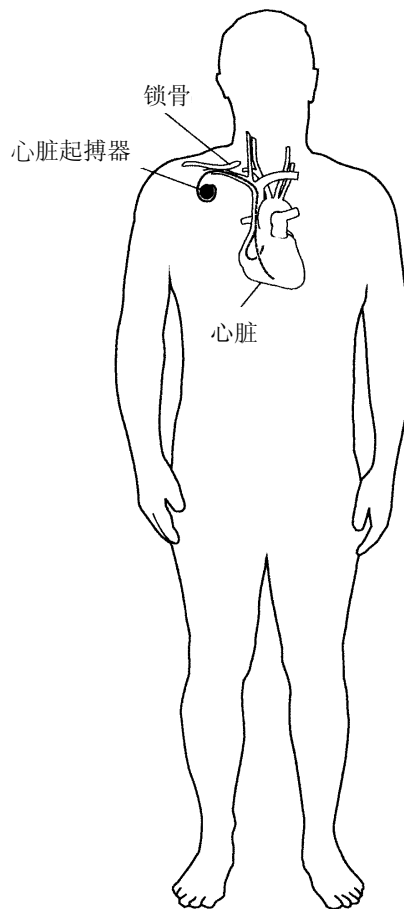
一位成年家人或朋友需要和您同来，以便在您手术之后带您回家。您独自开车或离开会不安全。在您的手术后的第一天，让一位成人和您一起呆在家中。

请准时赴诊。 手术需1-2个小时。

准备工作

- 如果您服用薄血药或患有糖尿病，请告知您的医生。
- 在您手术之前的午夜之后，请勿吃喝任何东西。
- 请询问您的医生您手术当日的早晨是否应当服药。如需服药，仅小口喝水送服。

Pacemaker. Simplified Chinese.



During Surgery

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicines to make you sleepy are given through the IV.
- Your neck or chest is cleaned. Men may have their chests shaved.
- The skin is numbed.
- The wire leads are put into a vein and guided into your heart using an x-ray.
- The wire leads are placed in your heart muscle.
- The other end of each wire is connected to the pacemaker.
- The pacemaker is placed in a small space under your skin.
- The incisions are closed with stitches.
- Bandages or strips of tape cover both sites.

After Surgery

In the Hospital

- An ice pack may be put on the sites.
- Your blood pressure, heart rate and incisions will be checked often.
- The head of your bed is raised. Do not lift your arm over your head on the same side where your pacemaker is placed.
- If you have discomfort, ask your nurse for pain medicine.
- You will have a chest x-ray to check your lungs and the pacemaker.
- Antibiotics are given in your IV to prevent infection.

A nurse will explain how your pacemaker works, answer any questions and explain pacemaker checks. You will not be able to feel your pacemaker working. You will be able to see and feel the outline of the pacemaker through your skin. Do not rub the pacemaker site.

At Home

- Schedule an appointment with your doctor for follow-up care.
- Talk to your doctor about activity limits. Your doctor may tell you to:
 - Limit the movement of your arm on the side of the pacemaker.
 - Not lift this arm above your head.
 - Not push, pull or lift anything heavier than 10 pounds or 4 kilograms.
 - Not return to work or drive.
- You may shower. Let the water run over your incision, but do not scrub the site. Pat dry.

手术期间

- 您将穿医院的袍子。
- 将在您的上臂作静脉注射(IV)。通过静脉给您注入催眠药。
- 将清洁您的颈部或胸部。男性可能要刮去胸毛。
- 皮肤要麻醉。
- 电线导管将放入一根静脉内，用 x 光将其导入您的心脏。
- 电线导管将置入您的心肌。
- 每根电线的另一端与心脏起搏器相连。
- 心脏起搏器放在您皮下一个小小的地方。
- 切口将被缝合。
- 两个手术部位均以绷带或长条带封护。

手术之后

在医院中

- 两个部位可能要敷冰袋。
- 您的血压、心率和切口将不时得到检查。
- 要升高您的床头。不要将放置心脏起搏器一侧的上臂举高过头顶。
- 如果您感到不适，请向护士要止痛药。
- 您将照一次胸部 x 光以检查您的肺脏和心脏起搏器。
- 将给您静脉注射抗生素以防感染。

一位护士将向您解释心脏起搏器工作原理，解答任何问题并解释对心脏起搏器的检查。您不会感觉到您的心脏起搏器在工作。您将能透过皮肤看见并感觉到心脏起搏器的轮廓。不要摩擦心脏起搏器部位。

在家中

- 和您的医生预约后续护理诊访。
- 向您的医生询问活动限制。您的医生可能会告诉您：
 - 限制心脏起搏器一侧的手臂锻炼。
 - 不要将这一侧上臂举高过头顶。
 - 不要推、拉或举起高于 10 磅或 4 公斤的重物。
 - 不要返回工作或开车。
- 您可以淋浴。让水流过您的切口，但不要用力擦洗此部位。轻轻拍干。

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- Do not use lotion or powder on the incision.

Other Information:

- Tell all of your health care providers, including your dentist, that you have a pacemaker.
- Carry the ID card your doctor gave you. This card has information about your pacemaker.
- Stay away from large magnets, such as those used for MRI tests.
- Avoid leaning into a car engine or doing welding.
- Use cell phones on the opposite ear of where your pacemaker is placed.
- It is safe to use household appliances like microwave ovens, computers, toasters, hairdryers, and heating pads.
- You can safely pass through security at airports. Be sure to have your pacemaker ID card with you.

Call your doctor **right away** if you have:

- A temperature over 101 degrees F or 38 degrees C
- Swelling of your feet or ankles
- Tenderness around your pacemaker that gets worse
- Redness, swelling or drainage around your stitches
- Stitches that come apart
- Chills
- A cough
- Weakness or feel tired
- Skin that is itchy, swollen or has a rash
- Sadness

Call 911 **right away** if:

- You feel faint or are too dizzy to stand.
- You have chest pain that does not go away after a few minutes.
- Your bandage becomes soaked in blood.
- You have trouble breathing.

Talk to your doctor or nurse if you have any questions or concerns.

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- 不要在切口使用润肤液或爽身粉。

其它信息：

- 请告知您的所有医疗提供者您有心脏起搏器，包括告诉牙医。
- 携带您的医生给您的身份证。此卡有关于您心脏起搏器的信息。
- 避开强磁体，例如用于核磁共振成像测试的磁体。
- 请避免俯身于汽车引擎上或做焊接。
- 接听手机请用放置心脏起搏器相反侧的耳朵。
- 使用如微波炉、计算机、小烤箱、吹发机和电热垫的家用电器是安全的。
- 您能在飞机场安全通过保安检查。请确保您随身携带您的心脏起搏器身份证。

如有以下症状，请**立刻**给您的医生打电话：

- 体温在华氏 101 度或摄氏 38 度以上
- 足部或踝部肿胀
- 心脏起搏器周围的触痛越来越严重
- 缝合部位红肿或有流出物
- 缝合线裂开
- 发寒
- 咳嗽
- 虚弱或觉得疲累
- 皮肤发痒、肿胀或有皮疹
- 感到悲哀

如有以下症状，请**立刻**拨打 911：

- 您觉得虚弱或太晕眩而无法站立。
- 持续胸痛几分钟仍不消失。
- 您的绷带被血浸湿。
- 呼吸有困难。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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