

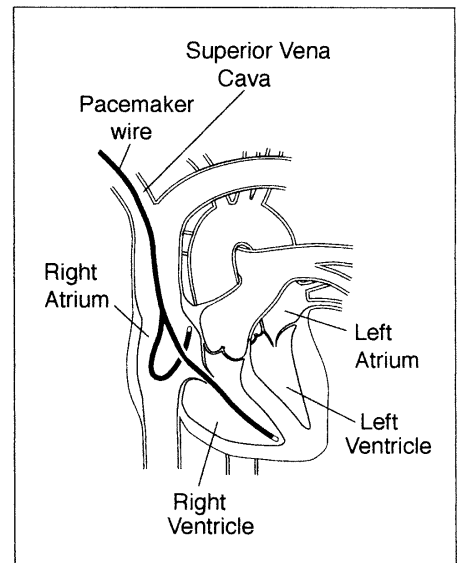
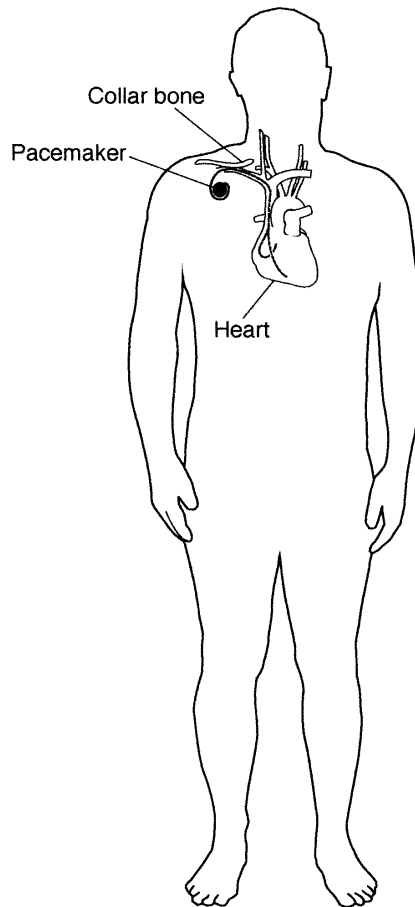
Pacemaker

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.

心臟起搏器

心臟起搏器是幫助您控制心率的一個小裝置：

- 心率太慢時，它加快心率
- 心率太快時，它使之慢下來
- 如果心率不齊，它則有助於心率規則

心臟起搏器是由手術置入胸部的。稱為導管的電線被放入心肌中。此帶電池的裝置被置入您的腋窩皮下。

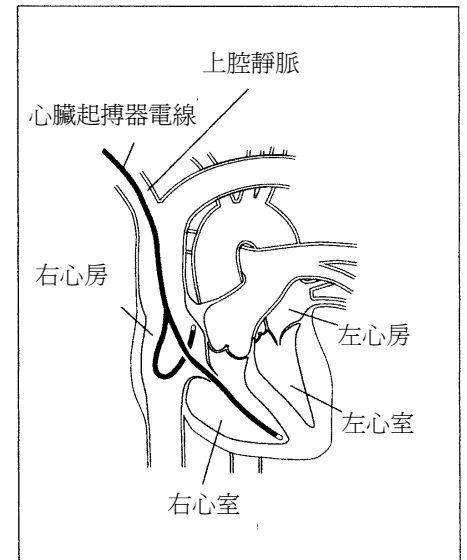
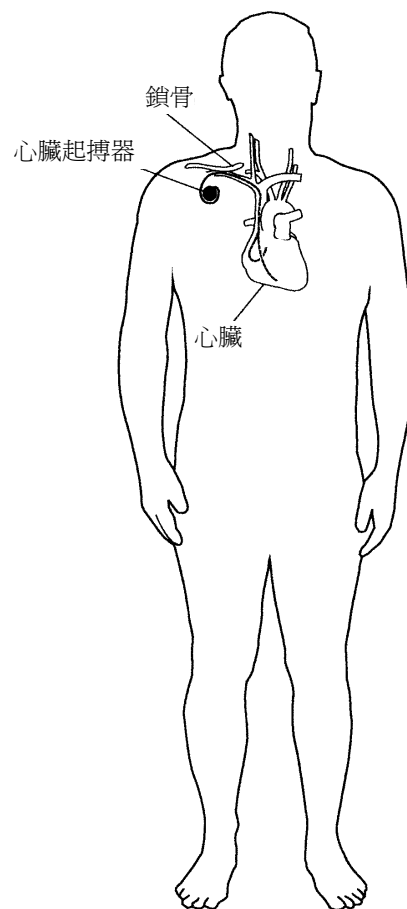
一位成年家人或朋友需要和您同來，以便在您手術之後帶您回家。您獨自開車或離開會不安全。在您的手術後的第一天，讓一位成人和您一起呆在家中。

請准時赴診。手術需1-2 個小時。

準備工作

- 如果您服用薄血藥或患有糖尿病，請告知您的醫生。
- 在您手術之前的午夜之後，請勿吃喝任何東西。
- 請詢問您的醫生您手術當日的早晨是否應當服藥。如需服藥，僅小口喝水送服。

Pacemaker. Traditional 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.

手術期間

- 您將穿醫院的袍子。
- 將在您的上臂作靜脈注射(IV)。通過靜脈給您注入催眠藥。
- 將清潔您的頸部或胸部。男性可能要刮去胸毛。
- 皮膚要麻醉。
- 電線導管將放入一根靜脈內，用 x 光將其導入您的心臟。
- 電線導管將置入您的心肌。
- 每根電線的另一端與心臟起搏器相連。
- 心臟起搏器放在您皮下一個小小的地方。
- 切口將被縫合。
- 兩個手術部位均以繃帶或長條帶封護。

手術之後

在醫院中

- 兩個部位可能要敷冰袋。
- 您的血壓、心率和切口將不時得到檢查。
- 要昇高您的床頭。不要將放置心臟起搏器一側的上臂舉高過頭頂。
- 如果您感到不適，請向護士要止痛藥。
- 您將照一次胸部 x 光以檢查您的肺臟和心臟起搏器。
- 將給您靜脈注射抗生素以防感染。

一位護士將向您解釋心臟起搏器工作原理，解答任何問題並解釋對心臟起搏器的檢查。您不會感覺到您的心臟起搏器在工作。您將能透過皮膚看見並感覺到心臟起搏器的輪廓。不要摩擦心臟起搏器部位。

在家中

- 和您的醫生預約後續護理診訪。
- 向您的醫生詢問活動限制。您的醫生可能會告訴您：
 - 限制心臟起搏器一側的手臂運動。
 - 不要將這一側上臂舉高過頭頂。
 - 不要推、拉或舉起高於 10 磅或 4 公斤的重物。
 - 不要返回工作或開車。
- 您可以淋浴。讓水流過您的切口，但不要用力擦洗此部位。輕輕拍干。

Pacemaker. Traditional Chinese.

- 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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- 不要在切口使用潤膚液或爽身粉。

其他資訊：

- 請告知您的所有醫療提供者您有心臟起搏器，包括告訴牙醫。
- 攜帶您的醫生給您的身份證。此卡有關於您心臟起搏器的資訊。
- 避開強磁體，例如用於核磁共振成像測試的磁體。
- 請避免俯身於汽車引擎上或做焊接。
- 接聽手機請用放置心臟起搏器相反側的耳朵。
- 使用如微波爐、電腦、小烤箱、吹髮機和電熱墊的家用電器是安全的。
- 您能在飛機場安全通過保安檢查。請確保您隨身攜帶您的心臟起搏器身份證。

如有以下症狀，請立刻給您的醫生打電話：

- 體溫在華氏 101 度或攝氏 38 度以上
- 足部或踝部腫脹
- 心臟起搏器週圍的觸痛越來越嚴重
- 縫合部位紅腫或有流出物
- 縫合線裂開
- 發寒
- 咳嗽
- 虛弱或覺得疲累
- 皮膚發癢、腫脹或有皮疹
- 感到悲哀

如有以下症狀，請立刻撥打 911：

- 您覺得虛弱或太暈眩而無法站立。
- 持續胸痛幾分鐘仍不消失。
- 您的繃帶被血浸濕。
- 呼吸有困難。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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