

# Pacemaker

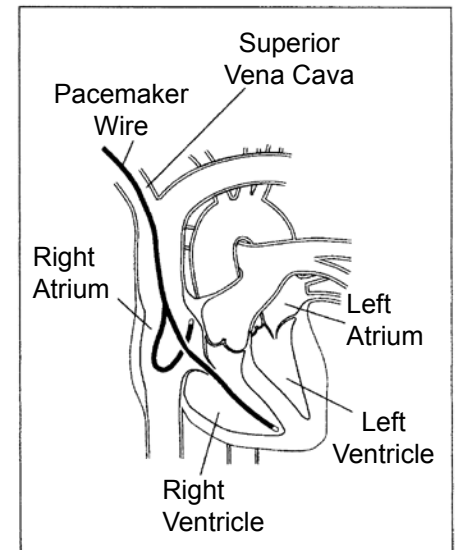
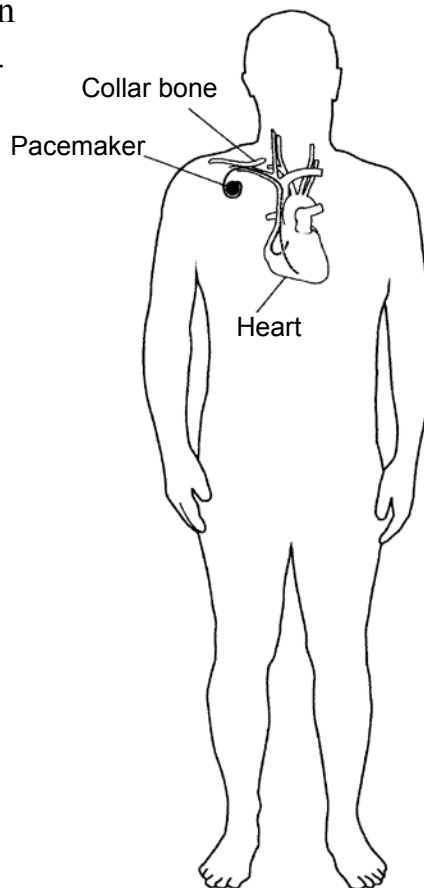
A pacemaker is a small device that helps control your heart rate by:

- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the rhythm of the heart beat regularly – this is if you have a pacemaker combined with a defibrillator, also called an ICD

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.

When it is time for you to go home after surgery, an adult family member or friend needs to take you home. 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 to 2 hours.



# 心脏起搏器

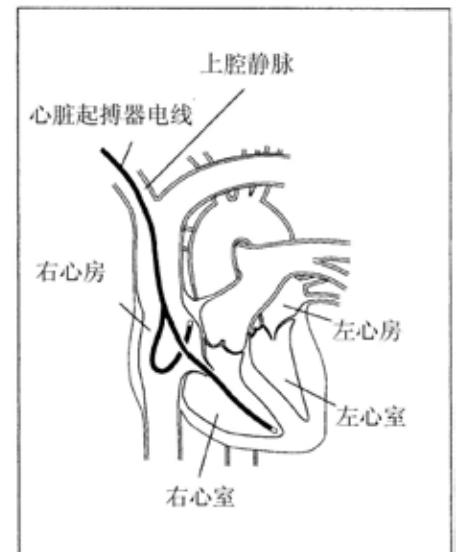
心脏起搏器是帮助您控制心率的一个小装置：

- 心率太慢时，它加快心率
- 心率太快时，它使之慢下来
- 有助于规律的心动 - 前提是如果已配合除颤器使用心脏起搏器，也称为 ICD

心脏起搏器是手术置入胸部。称为导管的电线被放入心肌中。此带电池的装置被置入腋窝的皮下。

手术后，需要在成年家人或朋友的陪同下回家。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。



## **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.

## **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 chest hair clipped.
- 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 under the skin that will dissolve. You may have narrow pieces of tape across the incisions called steri-strips. These hold the skin layer together during healing. These will loosen and fall off in about 10 days. If the tape is not used, special glue may be used to close the incisions.

## **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.

## 准备工作

- 如果您服用薄血药或患有糖尿病，请告知医生。
- 在手术之前的午夜之后，请勿吃喝任何东西。
- 请咨询医生您在手术当日的早晨是否应当服药。如需服药，用极少的水送服。

## 手术期间

- 您将穿医院的袍子。
- 将在您的上臂放静脉注射 (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 光将其导入心脏。
- 电线导管将置入心肌。
- 每根电线的另一端与心脏起搏器相连。
- 心脏起搏器放在皮下一个小小的地方。
- 使用会化解的缝线缝合皮下切口。切口上可能会有几层胶布，称为无菌切口胶布。愈合期间，这些胶布将保持皮肤层固定在一起。约 10 天左右，这些胶布将变松脱落。如果未使用胶布，可能会使用特殊胶粘合切口。

## 手术之后

### 在医院中

- 手术部位可能要敷冰袋。
- 您的血压、心率和切口会经常得到检查。

- 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.
- Ask your doctor when you can drive or go back to work.
- **Do not take a tub bath or shower for the first 6 days after surgery.** The incisions must stay clean and dry. You may take a sponge bath, but do not get the incisions wet.
  - ▶ You may shower on the **7th day**, but cover the incisions to keep them dry. Use plastic wrap or a plastic bag to cover the sites. Use tape to seal the edges of the plastic to your skin to keep the sites dry. After the shower, remove the plastic and tape. Gently pat the incisions dry with a clean towel.
  - ▶ **Days 8 to 10** after surgery, the sites must be covered with the plastic wrap and tape during a shower. Pat dry after the shower with a clean towel.

- 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。
- 将给您静脉注射抗菌素以防感染。

护士将向您解释心脏起搏器的工作原理，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运作。您将能透过皮肤看见并感觉心脏起搏器的轮廓。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。
- 向医生了解何时可以开车或返回工作。
- **手术后 6 天内，不得盆浴或淋浴。**切口处必须保持清洁、干燥。您可以海绵擦浴，但是不要弄湿切口处。
  - ▶ **术后第 7 天时**，可以淋浴，但是覆盖切口处以保持干燥。使用塑料膜或塑料袋覆盖切口处。使用胶带密封皮肤上塑料的边缘以保持切口干燥。淋浴后，移除塑料和胶带。并用干净的毛巾轻轻地拍干切口处。
  - ▶ **术后第 8 - 10 天时**，淋浴时切口处应覆盖塑料膜和胶带。浴后使用干净的毛巾拍干。

- ▶ **Do not get the sites soaking wet for 14 days after surgery.** That means no tub baths, swimming or using a hot tub during that time.
- **Do not** use lotion or powder on the incisions.

## **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 magnetic resonance imaging (MRI) tests.
- Avoid leaning into a car engine or doing welding.
- When turned on, do not place cell phones or iPods in shirt pockets over the pacemaker. Use cell phones on the opposite ear of where your pacemaker is placed. If you strap an iPod to your arm, use the arm opposite the pacemaker.
- 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 100.5 degrees F or 38 degrees C
- Redness, swelling or drainage around your incisions
- Swelling of your feet or ankles
- Tenderness around your pacemaker that gets worse
- Stitches that come apart

- ▶ **术后 14 天以内不要浸湿切口。**即表示这段时间内不能盆浴、游泳或使用热水澡池。
- 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（MRI）测试的磁体。
- 请避免俯身于汽车引擎上或做焊接。
- 如果手机或 iPod 已打开，不要将其放在心脏起搏器上的衬衫口袋上。接听手机请用放置心脏起搏器相反侧的耳朵。如果您将 iPod 系在手臂上，使用心脏起搏器相反侧的手臂。
- 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 100.5 度或摄氏 38 度以上
- 缝合部位发红、肿胀或有流出物
- 足部或踝部肿胀
- 心脏起搏器周围的触痛越来越严重
- 缝合线裂开



- Chills
- A cough
- Weakness or feel tired
- Skin that is itchy, swollen or has a rash
- Sadness
- Signs you had before the pacemaker was implanted

**Call 911 right away if:**

- You feel faint or are too dizzy to stand.
- You have chest pain.
- Your bandages become soaked in blood.
- You have trouble breathing.

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

- 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
- 出现起搏器植入之前出现的症状

**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。
- 胸痛。
- 您的绷带被血浸湿。
- 呼吸有困难。

**如果您有任何疑问或担心，请告知您的医生或护士。**

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Pacemaker. Simplified Chinese.