

Pacemaker

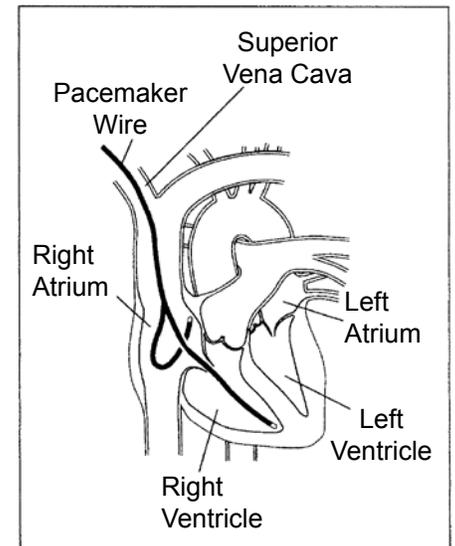
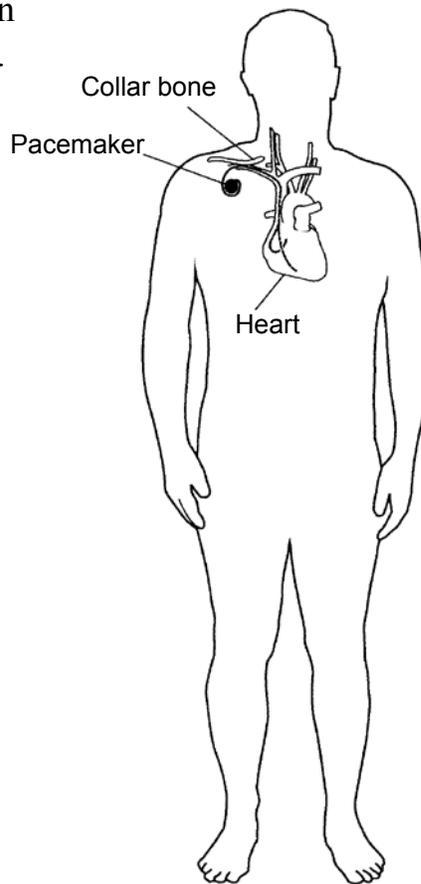
A pacemaker is a small device that helps control your heart rate by:

- 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

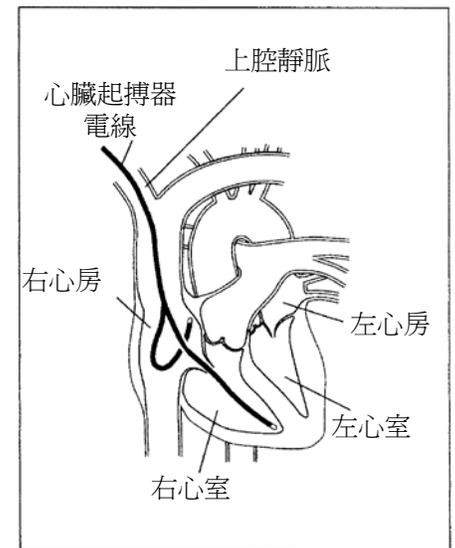
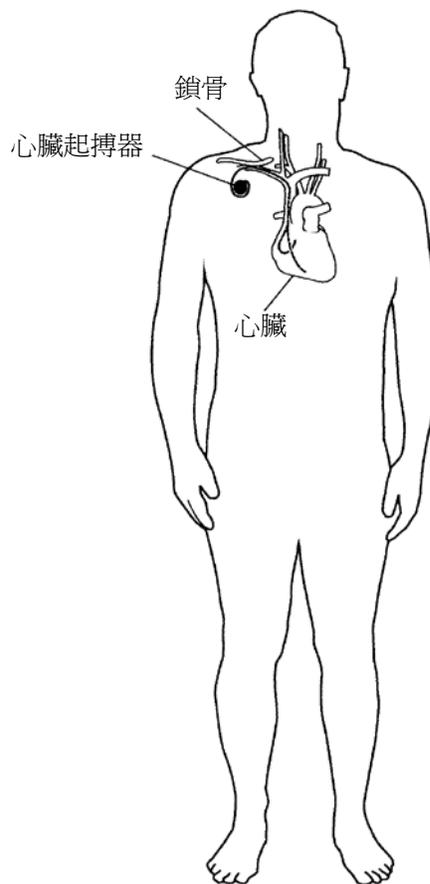
心臟起搏器是幫助您控制心率的一個小裝置：

- 心率太慢時，它加快心率
- 心率太快時，它使之慢下來
- 協助使心臟跳動恢復正常節律—前提是心臟起搏器與除顫器（也稱 ICD）搭配使用

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

手術後回家時，須有成年的家人或朋友帶您回家。您獨自開車或離開並不安全。在您的手術後的第一天讓一位成人和您一起留在家中。

請準時赴診。手術需 1 至 2 個小時。



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.

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。
- 請詢問您的醫生您在手術當日的早晨是否應當服藥。如需服藥，僅小口喝水送服。

手術期間

- 您將穿醫院的袍子。
- 將在您的上臂作靜脈放置 (IV)。通過靜脈給您注入催眠藥。
- 將清潔您的頸部或胸部。男性可能要剃胸毛。
- 要麻醉皮膚。
- 電線導線將放入一根靜脈內，用x光將其導入您的心臟。
- 電線導線將置入您的心肌。
- 每根電線導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。
- 切口將進行皮下縫合，縫合線會被自動吸收。切口上可能會貼稱為免縫膠帶的窄膠帶。在癒合期間，膠帶可防止皮膚層的分離。膠帶會在 10 天內自動鬆開和脫落。如果沒有使用膠帶，則可能使用特殊的膠水來封閉切口。

手術之後

在醫院中

- 兩個部位可能要敷冰袋。
- 您的血壓、心率和切口會經常得到檢查。

- 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運作。您將能透過皮膚看見並感覺心臟起搏器的輪廓。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、拉或舉起超過10 磅或 4 公斤的重物。
- 詢問醫生什麼時候可以開車或恢復上班。
- **手術後前 6 天內切勿洗盆浴或淋浴。** 切口必須保持清潔乾燥。可以擦澡，但是不要弄濕切口處。
 - ▶ 手術後**第 7 天**可以淋浴，但淋浴時須遮蓋切口處，防止弄濕切口處。可用塑膠紙或塑膠袋包住切口處，然後用膠帶封住塑膠紙或塑膠袋的邊緣，以防弄濕切口處。淋浴後，去掉塑膠紙或塑膠袋和膠帶。用乾淨的毛巾將切口處輕輕拍乾。
 - ▶ 手術後**8 至 10 天**時，淋浴時必須用塑膠紙和膠帶遮好切口處。淋浴後用乾淨的毛巾將切口處輕輕拍乾。

- ▶ **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

- ▶ 手術後14天內切勿使讓水浸濕切口處。也就是說在此期間內，不要洗盆浴、游泳或使用按摩浴缸。
- 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，例如用於磁共振成像檢查（MRI）的磁體。
- 請避免俯身於汽車引擎上或做焊接。
- 心臟起搏器開啓時，切勿將手機或 iPods 放在心臟起搏器上方的衣服口袋內。接聽手機請用放置心臟起搏器相反側的耳朵。如果將 iPod 綁在手臂上，請使用與心臟起搏器不在身體同一側的手臂。
- 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，請立刻打電話給您的醫生：

- 體溫在華氏 100.5 度或攝氏 38 度以上
- 切口處紅腫或有流出物
- 足部或踝部腫脹
- 心臟起搏器週圍的觸痛越來越嚴重
- 縫合線裂開

- 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.

- 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
- 出現安裝心臟起搏器之前的症狀

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。
- 胸痛。
- 您的繃帶被血浸透。
- 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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Pacemaker. Traditional Chinese.