

## Patient information factsheet

# Your cardiac rhythm management device: leadless pacemaker

**You have been implanted with a leadless pacemaker.**

A leadless pacemaker is used to treat heart rhythms that can cause your heart to beat too slowly or miss beats.

### **What you need to know**

**For the first 24 to 48 hours at home**, support your puncture site with your hand if you sneeze, laugh or cough.

**Avoid strenuous exercise** until the area is well healed and comfortable (do not climb two stairs at a time, ride a bike, dig the garden or play sports, for example).

**Try to minimise bending the affected leg.** Do not lift heavy objects (nothing heavier than a full kettle of water, for example).

**Please keep a careful eye on the puncture site.** Once you have removed the dressing the day after your procedure, keep the area dry until it is well healed.

Look out for any signs of infection:

- redness
- soreness
- raised appearance
- discharge
- raised temperature
- sudden severe pain at the puncture site

If you have any concerns about your puncture site, contact the cardiac rhythm management department between 8am and 5pm, Monday to Friday. At all other times you should attend the emergency department. If you're a resident of the Channel Islands please contact the Princess Elizabeth Hospital. Details of your implant will be sent there.

**Your first appointment with the cardiac rhythm management team** will be in around six weeks. At this appointment your leadless pacemaker will be checked and we will review your puncture site. You will also have the opportunity to ask us any questions that you might have. If you are a resident of the Channel Islands you will receive a letter instructing you what to do.

## Future appointments

If we need you to come in to the hospital to have your leadless pacemaker checked we will send you an appointment letter. Please bring a list of your current medication with you to any appointments. You do not need to bring your home monitor.

## Magnets

Please be aware that using any device containing a magnet within 15cm of your implanted device forces it to function in a different mode. It will go back to usual as soon as you move away from the magnet. Some newer mobile phones include magnets, so we advise

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you to use phones with the opposite hand to where your device is implanted, and not to keep a mobile in a shirt pocket.

## Contact us

Cardiac rhythm management  
Monday to Friday, 8am to 5pm

Telephone: **023 8120 6404**  
Email: [crm@uhs.nhs.uk](mailto:crm@uhs.nhs.uk)  
Address: Green Area, E Level, East Wing  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

## Further information

For additional information please see our website [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for 'cardiac rhythm management'.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)