



IJEOMA A. EKERUO MD FACC FHRS

Cardiac Electrophysiology

CONTACT

PHONE:

Info: 281-771-3701

Appointments:

281-296-0788

WEBSITE:

www.rhythmcarecenter.org

EMAIL:

info@rhythmcarecenter.org

CLINIC LOCATIONS

Texas Medical Center

1200 Binz St

Suite 540

Houston TX 77004

Pasadena

3351 Plainview St

Suite A7

Pasadena TX 77504

DEVICE DISCHARGE INSTRUCTIONS

Your Incision

- Keep your incision dry for 3 days. Following this, you can get the incision wet but do not scrub over it for the next month. Do not put salves, ointments or lotions on the incision. Avoid touching the incision or pocket.
- Do not use a dressing. Leave the pieces of tape (if present) on the incision alone. These will come off by themselves once you begin getting the site wet as directed above.
- Call us immediately if you develop fever (temp 101°F or greater), pain, redness or drainage at the device site.

Activity

- Your affected arm: You may use the arm on the side of your device, but do not raise it higher than shoulder level or reach behind your back for the first 4 weeks. This is to protect the device lead placement. However, you should use your arm so that your shoulder does not get stiff.
- Lifting: Do not lift more than 5 lbs for the first two weeks and more than 10lbs for the following two weeks. There is a lifetime limit of 35lbs on the device arm following.
- Sports: If you play tennis or golf avoid full range of motion in the affected arm for one month. Hunters: Never shoot a rifle or shotgun on the side of the device
- Driving: To protect your new device, it is preferable that you not drive for the first two weeks.
- Resuming activities and returning to work: It is important to resume your normal activities as soon as you feel like it, as long as you do so gradually. Please call the office if you need a letter releasing you to work.

GENERAL REMINDERS

- Identification card: Always carry your ID card with you. A permanent card will be mailed to you within the next two months. Call your doctor's office if you do not receive your card or if you should lose it.
- Activities to avoid: Arc welding, handheld radios & tanning booths can interfere with device functioning.
- Medical Care: All healthcare providers should know that you have a device. Always show your I.D card to them. All medical tests and procedures are safe to have (mammograms, X-rays, arteriograms). You do have an MRI conditional device. However, you will need to let us know if you are going to have an MRI so the appropriate paperwork can be filed with the testing center. Please notify us if that is the case.
- Cellular phones: Unmounted cellular phones must be used on the opposite side of your device.
- Anti-theft systems: These are used in a variety of settings including supermarkets, malls and libraries. They usually consist of columns placed opposite to each another near entrance and exits. Walk through the area at a normal pace. Do not stay longer than necessary and do not lean against the system.
- Travel and Metal detectors: It is safe to travel with your device. Always show your identification card. You may walk through the metal detector if asked to do so but do not allow the handheld magnetic wand near the device.
- Appliances: Most household devices cannot harm your device, including microwaves. Those warnings do not apply to you.

FOLLOW - UP

You will return for a follow up doctor visit in two to four weeks. If you did not receive an appointment, please call the office.

Please leave a message if your call is not an emergency. For emergencies or weekends, you can still reach us through the operator, or call 911.