



Patient Information

Activity Information after your Pacemaker

You have had a pacemaker fitted whilst on the ward and following this there will be some restrictions to your arm movements in order to allow full healing and prevent movement of the leads in your heart.

You will initially be given a collar and cuff for use only in hospital as a reminder not to overuse the arm. It can be removed for everyday activities and should be left off once you get home.

- You should **not** raise your arm on the pacemaker side above 90 degrees which is shoulder level. This is particularly important when dressing, particularly when putting on clothes over your head. Put your arm on the pacemaker side in clothes first and remove that arm last. You are able to wash your hair as usual, but must **not** lift your elbows above your shoulders.
- You should avoid carrying heavy weights such as shopping bags or a Hoover. You are able to carry items such as drinks and meals.

These restrictions should be followed for **six weeks** after your pacemaker has been fitted.

From the first day you have had your pacemaker fitted it is safe to use your arm on the side of the pacemaker for everyday activities such as:

- pushing up from a chair
- using a walking aid such as a frame
- pushing up when getting in and out of the bed
- using stair rails

It is advisable not to resume sporting activities such as swimming and golf until you have had your Outpatient review.

Should you have any concerns please contact 01793 604257 (pacing room) Monday to Friday 08:00 – 18:00 or speak to the ward staff.



Activity Information after your Pacemaker

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Swindon Community Health Services
Department: Physiotherapy
Approved Date: 5 June 2020
Next Review Date: July 2023
Document Number: SCHS-PIL0125