



Patient & Family Guide
2025

Cardiovascular Device Implant



www.nshealth.ca

Cardiovascular Device Implant

This pamphlet will help you learn about your care before and after 1 of 2 types of cardiovascular device implant procedures:

- Pacemaker
- ICD (Implantable Cardioverter Defibrillator)

If you need to cancel your appointment, please call the booking clerk:

› Phone: 902-473-7045

- **Call the booking clerk before coming the hospital if you have a fever, cold, or flu-like symptoms.** Your procedure may need to be rescheduled.

What will happen on the day of my procedure?

- Please come to the hospital for your procedure at the time you were told by the booking clerk or the clinic nurse.
- Your procedure will be done in the Cardiac Cath Lab.

- You will be at the hospital for several hours.
- **After the procedure, you must have someone drive you home.**
- You **must** stay within 50 km of the hospital.

Procedure date: _____

Arrive at the hospital at: _____

Please come to:

Cardiac Day Unit: Level 6, Halifax Infirmary

- › From the Summer Street entrance, take the North elevators to the 6th floor. Go directly to 6.1 Cardiac Day Unit.

What are your questions?

Please ask. We are here to help you.

Bring these items:

- › Your provincial health card
- › All of your medications in their original containers
- › The name and phone number of your emergency contact person
- › All walking aids (like a walker or a cane), if needed
- › CPAP machine (if you use one)

If you are taking a blood thinner or a diabetic medication (pill or insulin), make sure you know when to stop or change your medication before your procedure. You will be given these instructions at your Pre-assessment Clinic appointment.

| Medication: | When to stop: |
|-------------|---------------|
| | |
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| | |

Instructions before your device procedure

- Follow these instructions to complete your skin preparation (prep) before your procedure.
- You will do this prep 2 times: the night before your procedure **and** on the morning of your procedure.
- Skin prep helps to lower the risk of infection at the procedure site.

The night before your procedure

- **Do not eat or drink anything after midnight** the night before your procedure.



- Shower or bathe. **Do not** shave any part of your face, neck, chest, or under your arms. Shaving before you apply 2% chlorhexidine gluconate (CHG) may cause redness or make your skin itch.
- **Do not** use lotions, moisturizers, or makeup. Water and ingredients commonly found in personal care products can lower the antiseptic (cleansing) effects of CHG.
- After you shower or bathe, **wait 1 hour** before using the CHG cloths.
- Your skin should be fully dry and cool before using the CHG cloths.

- Complete the skin prep instructions as described in this pamphlet.
- You will get a pack of cloths. Use 1 cloth the night before your procedure, and another cloth on the morning of your procedure. See page 6 for where to use the cloths.
- After you use the CHG cloths, you will not be able to shower or bathe. CHG works best when left on the skin. **Let the CHG dry completely. Do not rinse it off.**
- If your skin is irritated after using the cloths the first time, **do not** reapply again in the morning.

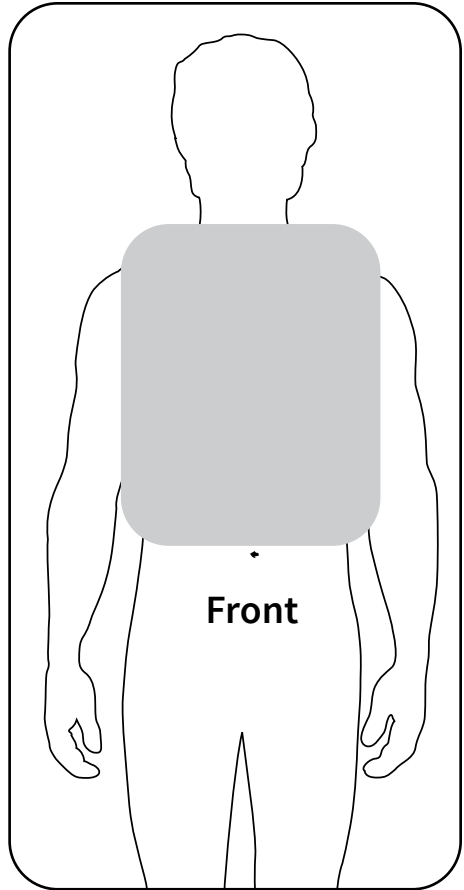
The day of your procedure

- Take your usual medication(s) with a small amount of water, unless you have been told not to.
- **Do not eat or drink anything** other than the small amount of water you need to take your medication(s).
- **Do not shower or bathe.** Repeat the skin prep. See instructions for skin prep on the next page.



Skin prep

1. Using one cloth, gently wipe your neck and chest. Start at your chin and end at your belly button. Wipe from shoulder to shoulder. See the picture for the area in grey that should be wiped.
2. After using the cloth, let your skin dry for 1 minute.
3. **Do not** rinse off. Dress in clean clothes.



- If you are using a package with multiple cloths, **make sure you reseal the package** so the other cloths do not dry out.
- Avoid contact with your eyes, ears, and mouth.
- It is normal for your skin to feel sticky for a few minutes after using the cloth.
- On the morning of your procedure, repeat the skin prep steps 1 to 3 with a new cloth. You may throw away the rest of the cloths.

Planning for your discharge

- Plan to have someone take you home after your procedure. **Do not drive yourself home.**
- Arrange to have someone stay overnight with you for the first night. **You must stay within 50 km of the Halifax Infirmiry.** Please make plans for this before your procedure.
- If you need help finding somewhere to stay, please tell the booking clerk.

Care of your device insertion site

- We recommend following up with your primary health care provider (family doctor or nurse practitioner) 5 to 7 days after your procedure.
- If you have questions after your procedure, please call your primary health care provider.
- Your primary health care provider may remove your dressing at your follow up appointment, 5 to 7 days after your procedure.
- Leave the Steri-Strips™ (strong pieces of tape) underneath the dressing on your skin. These will fall off in 7 to 10 days.
- **Do not** shower until the incision (cut) is well-healed.

- You may have pain at the incision site.
 - › An over-the-counter pain medication like acetaminophen (Tylenol®) may help. If you have any questions about what pain medication is right for you, ask your pharmacist.

Call your primary health care provider if you have any of these symptoms of an infection:

- › Swelling at the insertion site that gets bigger
- › Redness or warmth at the insertion site
- › Severe (very bad) pain
- › More pain that happens suddenly
- › Fever (temperature above 38 °C or 100.4 °F) or chills
- › Yellow drainage or fluid from the insertion site

If you cannot reach your primary health care provider, call 811 to talk to a registered nurse 24 hours a day, 7 days a week.

If it is an emergency, go to the nearest Emergency Department or call 911 right away.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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