



## Caring for Your Child with a Pacemaker

### Contact us

- If you have any questions, please call the Pacemaker Office at 617-355-4676 Monday-Friday, 7am – 4pm.
- On weekends or holidays, please call the hospital operator at 617-355-6369 and page the electrophysiology (EP) doctor on call (beeper #3737).

This Family Education Sheet gives you important safety information about your child's pacemaker and how to care for it once your child is at home.

**Please read the instruction booklet given to you** with your pacemaker for more detailed information.

### When should I call my child's doctor or nurse practitioner?

Please call us right away if your child has any of these:

- A fever higher than 101°F (38.5°C), taken by mouth
- Redness, swelling, fluid, or pus leaking from their wound
- A heart rate that is lower than the lower rate limit (LRL) of your child's pacemaker

### What do I need to know about my child's pacemaker?

- Children need pacemakers for many different reasons. Your child's pacemaker was placed to treat \_\_\_\_\_.
- The pacemaker is set \_\_\_\_\_. This means your child's heart rate will not go below \_\_\_\_\_ beats per minute.
- Before your child goes home, you will get a booklet about your child's pacemaker and a temporary identification (ID) card. Within 6-8 weeks, you will get a permanent ID card from the device displaying your child's name, type of pacemaker and your doctor's phone number.
  - **We recommend that you make a copy of this card or take a picture of it.** This way you can keep one card with you and one with your child or another guardian at all times.
- We recommend that you buy a medical ID bracelet for your child that states they have a heart condition and a pacemaker.

### What is remote monitoring?

Remote monitoring is a way for you to send us information about your child's pacemaker from home and in between doctor's appointments. **It does not take the place of your in-person appointments with us.**

- Our electrophysiology (EP) nurses will review your specific home monitoring system with you in more detail before your child goes home. Ask your nurse if you will get your monitor in-hospital or by mail.

### How do I care for my child's wound?

- Most incisions for pacemakers are closed with dissolvable sutures (stitches). These sutures are underneath the skin, so you can't see them.
- An antibacterial adhesive called Dermabond will cover the wound. It dries to form a shiny, clear, purple coating that seals the wound.
- In 1-2 weeks, the Dermabond will start to peel off. **Do not let your child pick at the Dermabond.** This can help to prevent infection.
- Your child may take a shower the day after the pacemaker is put in. However, **please do not:**
  - Rub the area when washing
  - Soak or submerge the area in a bathtub, hot tub or pool for 2 weeks after the procedure
  - Use creams or lotions over the incision site

### Will my child be in pain?

Your child may have some discomfort. Your doctor or nurse will give you instructions on how to manage this pain at home.

### Can my child be active?

- Your child should avoid contact sports, heavy lifting, hanging or pulling on gym equipment, and roughhousing for approximately 1 month following your child's pacemaker procedure.
- Your doctor will give you activity guidelines after your follow-up appointment. Most children are able to go back to normal routines after their follow-up appointment.
- Your child's nurses can give you any letters you need about your child's safe return to school. Your child's nurses can also speak with the school nurse, with your permission.

### What are some important tips to remember about my child's pacemaker?

- Keep all electronic devices and magnets 6 inches away from the generator. This helps to make sure there is no interference with the pacemaker.
- Please read your pacemaker booklet for more specific information.

*This Family Education Sheet is available in [Arabic](#) and [Spanish](#).*