

Pacemaker (PPM) & Implantable Cardioverter-Defibrillator (ICD) Precautions

This handout gives guidelines to follow after a pacemaker or ICD placement. Following these guidelines will protect your new device and help you recover. Continue to follow these guidelines as directed by your cardiologist. These guidelines are in place for **6-8 weeks**.

Affected Arm: Left

Precautions

- DO NOT raise your **left** arm higher than shoulder level (90 degrees).
- DO NOT lift more than 5 pounds with your **left** arm.
- DO NOT push or pull with your **left** arm.
- DO NOT let anyone pull you up by your **left** arm.
- DO wear your sling as needed for comfort or as a reminder of your precautions. You need to use the sling for the first week after surgery.
- DO continue to move your **left** elbow, wrist and hand.