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: Right

Precautions

• DO NOT raise your right arm higher than shoulder level (90 degrees).

• DO NOT lift more than 5 pounds with your right arm.

• DO NOT push or pull with your right arm.

• DO NOT let anyone pull you up by your right 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 right elbow, wrist and hand.