

Permanent Pacemaker:

A permanent pacemaker (PPM) is a small electronic medical device placed under the skin to help your heart beat at a normal rate.

It sends gentle electrical impulses whenever your heartbeat is too slow or irregular.

Why is a Pacemaker Needed?

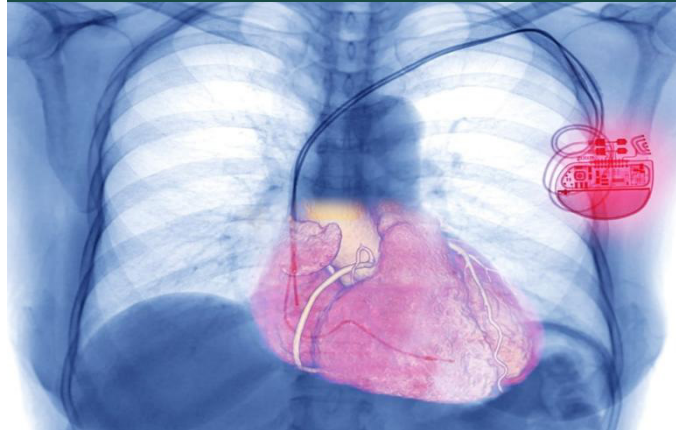
You may need a pacemaker if you have:

- **Complete heart block**
- **Symptomatic bradycardia** (slow heart rate)
- **Sick sinus syndrome**
- **Irregular heart rhythms causing dizziness/fainting**
- **Heart rate drops during sleep**
- **Post-cardiac surgery conduction problems**

A pacemaker prevents low heart rate related complications like fainting, fatigue, or sudden cardiac arrest

Symptoms That May Indicate the Need for a Pacemaker

- Dizziness or lightheadedness
- Fainting spells
- Extreme fatigue
- Shortness of breath
- Palpitations
- Confusion
- Reduced exercise tolerance



After the Procedure You may experience:

- Mild pain or swelling at the site
- Slight bruising These usually improve within a few days.
- Wound Care
- Keep dressing dry for 5–7 days
- Avoid lifting arm on the pace maker side above shoulder for 2–4 weeks
- Report redness, discharge, or fever immediately

The Pacemaker Implantation Procedure:

Duration: 45–90 minutes Type: Minor surgery under local anesthesia

Steps:

1. A small incision is made below the collarbone
2. Leads are guided into the heart through a vein
3. The generator is placed under the skin
4. Function is tested and incision closed
5. Most patients go home within 24 hours



Living With a Pacemaker:

What You Can Do:

- Walk, exercise lightly
- Use phones, microwaves, TVs, and home appliances
- Resume normal daily life after 4–6 weeks

Precautions:

- Avoid strong magnetic fields
- Keep mobile phones at least 6 inches away from the pacemaker site
- Inform security personnel (airport/metro gates)
- Do not undergo MRI unless using an MRI-compatible pacemaker

Follow-Up Schedule:

First check: 1–2 weeks after implantation

Device interrogation:

Every 6 months

Battery check:

Urgent visit if:

- Sudden fatigue
- Palpitations
- Dizziness
- Pain/swelling over pacemaker site

Risks & Complications (Rare):

- Lead displacement
- Infection at the site
- Bleeding or bruising
- Pneumothorax (air leak in lung)
- Device malfunction
- These are monitored closely during follow-ups.

Benefits of a Pacemaker:

- Prevents dangerously slow heartbeats
- Improves quality of life and energy levels
- Reduces risk of fainting
- Decreases hospitalization
- Enhances long-term heart function

How Does a Pacemaker Work?

The pacemaker includes:

Pulse generator: Produces electrical signals

Leads (wires): Deliver signals to heart

Battery: Long-lasting (8–12 years)

It continuously monitors your heart rhythm and activates only when needed.



“A pacemaker gives your heart the rhythm to live healthier, longer, and stronger.”



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