



Living With a Pacemaker

**Overview**

If you've recently been given a pacemaker, you may have some concerns. You may worry that it will keep you from activities you enjoy. But it won't. Sure, you'll need to cut back on some things while your pacemaker settles into place. But soon, you'll be as active as anyone else your age.

Recovery

After your surgery, your doctor will tell you what you can and can't do as you heal. You'll need to avoid sudden, jerking motions with your arms. That's because the wires that go from your pacemaker to your heart need time to embed. Until this happens, certain movements may pull them out of place. So be careful for several weeks after your surgery. You may have other temporary restrictions, too. Your doctor will give you a full list of guidelines.

After you heal

After you heal, you can be physically active at whatever level is comfortable for you. Daily exercise is great for everyone. You may be able to do all the things you did before the procedure. Just be sure you don't overdo it. Talk to your doctor before you decide to increase your activity level.

Life with a pacemaker

With a pacemaker, car, plane and train trips won't pose any danger to you. You can go swimming and take baths or showers as you always did. These won't affect the device. You can also continue your usual level of sexual activity.

Maintenance

You'll want to make sure nothing presses on your chest where your pacemaker is implanted. You'll also need to monitor your heart rate and check on the battery level of your device. Your doctor will tell you how to do this. Keep all of your medical appointments, and tell your doctor if you are having any medical problems. Difficulty breathing, dizzy spells or other issues can warn of a problem.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can enjoy a full life with your new pacemaker.