

心脏起搏器

Pacemaker

A pacemaker is a small device that helps control your heart rate by:

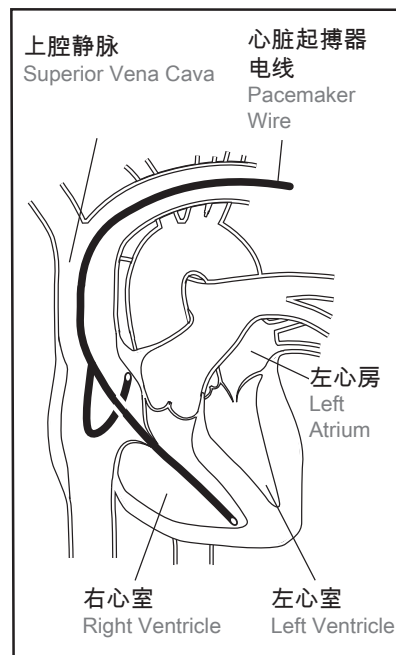
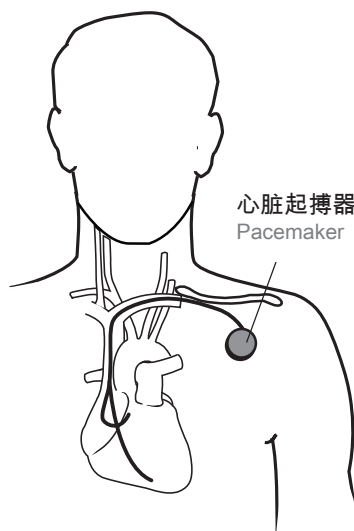
- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the rhythm of the heart beat regularly – this is if you have a pacemaker combined with a defibrillator, also called an ICD

A pacemaker is placed in the chest during surgery. Wires called leads are put into the heart muscle. The device with the battery is placed under your skin, below your shoulder. When it is time for you to go home after surgery, an adult family member or friend needs to take you home. It is not safe for you to drive or leave alone. Have an adult stay with you at home for the first day after your surgery. Arrive on time for your appointment. The surgery will take 1 to 2 hours.

起搏器是一种小型装置，可通过以下方法帮助控制您的心律：

- 心律太慢时加快心律
- 心律太快时减慢心律
- 如果起搏器与除颤器（ICD）结合使用，可帮助心脏恢复规律跳动

在手术过程中，医生会将起搏器放入胸腔。将一根名为“导联”的导线插入心肌中。在下肩皮下植入一个带电池的装置。手术后，需由成年的家人或朋友接您回家。独自驾车或自行离开很不安全。手术后的第一天，您在家中需有成年人陪同。请准时按约前来就诊。手术大约需要 1 至 2 小时。



To Prepare

- Talk to your doctor if you take blood thinners or have diabetes. You may need to adjust or change your medicines for some time before the surgery.
- You may need to shower the evening before and the morning of your surgery with a special soap called CHG (4% chlorhexidine gluconate). It is sold in most pharmacies under the brand name of Hibiclens. Wash from your neck to your waist with this soap the night before your surgery and then again the morning of your surgery. Use 4 ounces (½ cup or 118 ml) of CHG soap each time you shower.
- Do not eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with sips of water only.
- Do not smoke or use any tobacco products for at least 24 hours before your surgery.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicines to make you sleepy are given through the IV.
- Your neck or chest is cleaned. Men may have their chest hair clipped.
- The skin is numbed.
- The wire leads are put into a vein and guided into your heart using an X-ray.
- The wire leads are placed in your heart muscle.
- The other end of each wire is connected to the pacemaker.

准备

- 如果您正在服用稀释剂或患有糖尿病，请咨询医生。在手术前的一段时间内，您可能需要调整或改变药物。
- 在手术的前一天晚上和当天清晨，您可能需要用 CHG 肥皂（4% 葡萄糖酸洗必泰）进行一次特殊的药浴。这种药物主要以 Hibiclens 商标在药店出售。手术前一晚以及手术当天清晨，用这种香皂清洁颈部到腰部的皮肤。每次淋浴时，使用 4 盎司（1/2 杯或 118 毫升）CHG 肥皂。
- 手术前一天，午夜后切勿进食或饮用饮料（包括水）。
- 询问医生在手术当天上午是否应照常服药。若需服药，请仅用少量水送服。
- 手术前至少 24 个小时内，切勿吸烟或使用烟草产品。

手术期间

- 您需要换上医院的罩衣。
- 医护人员在您的上臂进行静脉注射。静脉注射让您沉睡的麻醉药物。
- 然后清洁您的颈部或胸部。男性可能需要剔除胸毛。
- 对皮肤进行麻醉。
- 将导线置入静脉内，通过 X 光将其引导到您的心脏中。
- 将导线置入心肌中。
- 导线的另一端连接起搏器。

- The pacemaker is placed in a small space under your skin.
- The incisions are closed with stitches under the skin that will dissolve. You may have narrow pieces of tape across the incisions called steristrips. These hold the skin layer together during healing. These will loosen and fall off in about 10 days. If the tape is not used, special glue may be used to close the incisions.

After Surgery In the Hospital

- An ice pack may be put on the sites.
- Your blood pressure, heart rate and incisions will be checked often. Your dressing will stay in place for 48 hours after your surgery.
- The head of your bed is raised. Do not lift your arm over your head on the same side where your pacemaker is placed.
- If you have discomfort, ask your nurse for pain medicine.
- You will have a chest x-ray to check your lungs and the pacemaker.
- Antibiotics are given in your IV to prevent infection.
- A nurse will explain how your pacemaker works, answer any questions and explain pacemaker checks.
- Ask your doctor when you can drive or go back to work.

- 将一个非常小的起搏器植入皮下。
- 皮下植入刀口的缝合线将自行溶解。也可能使用“外科免缝胶带”贴合刀口。在愈合过程中，这些窄条胶带可以绷住皮层。胶带会在大约 10 天内松脱。如果不使用胶带，可能会使用特殊胶水闭合刀口。

医院术后护理

- 可能会在各部位放置冰袋。
- 定期检查您的血压、心律和刀口情况。手术后，敷料原位保持 48 小时。
- 床头抬高。请勿将与起搏器同侧的手臂举过头顶。
- 如果您感觉不适，请向护士索要止痛药。
- 对您进行胸部 X 光检查，检查肺部和起搏器情况。
- 静脉注射抗生素，预防感染。
- 护士将为您解释起搏器的工作原理，解答您的问题，解释起搏器的检查方法。
- 请咨询医生何时可以开车或回去上班。

Your Care At Home

You will not be able to feel your pacemaker working. You will be able to see and feel the outline of the pacemaker through your skin.

Incision care

- Wash your hands well before and after touching your dressing or the incision.
- Remove the outer dressing 48 hours after your surgery. Do not remove the narrow pieces of tape across the incision. These tapes will loosen and come off on their own in 5 to 10 days.
- Do not rub the pacemaker site.
- Do not use lotion or powder on the incisions.

Bathing

- Do not take a tub bath or shower for the first 5 days after surgery. The incisions must stay clean and dry. You may take a sponge bath, but do not get the incisions wet.
- You may shower or bathe on the 6th day but let the water gently run over the incision. Do not let the shower water directly hit the incision, and do not soak the incision under water in the bath. Gently pat the incisions dry with a clean towel.
- Avoid soaking the incision under water in a bath tub, hot tub or swimming pool until the site is healed, often about 14 days after surgery.

Activity Limits

- Your doctor may tell you to limit certain activities for 7 to 14 days to allow your pacemaker site to heal.
- Use your arms but do not lift the arm on the side of the pacemaker above shoulder level. You can raise your arm to wash or comb your hair but avoid raising your elbow above your shoulder on your pacemaker side.

居家护理

您感受不到起搏器的工作。但可以在皮肤上看到并触摸到起搏器的轮廓。

刀口护理

- 触摸敷料或刀口前后，请洗净双手。
- 术后 48 小时即可拆下外层敷料。请勿撕开刀口上的窄胶带。这些胶带会在术后 5 至 10 日内自动松脱。
- 切勿摩擦起搏器部位。
- 切勿在刀口上涂抹软膏或爽身粉。

沐浴

- 术后前 5 天请勿坐浴或淋浴。刀口必须保持清洁干燥。可以用海绵擦拭身体，但切勿弄湿刀口。
- 术后第 6 天可以淋浴或沐浴，但刀口处水流要和缓。切勿让淋浴水直接碰到刀口，勿将刀口部位浸入浴缸水中。用干净的毛巾轻轻拍干刀口。
- 避免将刀口浸入浴缸、热水浴池或游泳池中，直到伤口愈合（通常约在术后 14 天）为止。

活动限制

- 医生可能会叮嘱您在 7 到 14 天内限制进行某些活动，确保起搏器部位的刀口愈合。
- 可以使用手臂，但切勿将起搏器同侧的手臂抬高到肩部上方。您可以举起手臂洗发或梳理头发，但应避免将起搏器同侧的肘部抬高到肩部上方。

- Do not to push, pull or lift anything heavier than 10 pounds or 4 kilograms. A gallon of milk weighs about 8 pounds.
- Avoid vigorous exercise, contact sports and activities such as vacuuming, shoveling or washing windows.

Schedule an appointment with your doctor for follow-up care.

Other Information

- Tell all your health care providers, including your dentist, that you have a pacemaker.
- Carry the ID card your doctor gave you. This card has information about your pacemaker.
- Stay away from large magnets and tools that may generate strong electrical fields, such as car ignition systems and electric arc welders because they may interfere with your pacemaker.
- Keep items that contain magnets at least 6 inches away from your pacemaker. This includes cell phones, MP3 players, magnetic therapy products, stereo speakers and hand held massagers.
 - Do not place cell phones or MP3 players in shirt pockets over the pacemaker.
 - Use cell phones on the opposite ear of where your pacemaker is placed. If you strap an MP3 player to your arm, use the arm opposite the pacemaker.
- It is safe to use household appliances like microwave ovens, computers, toasters, hair dryers and heating pads.
- You can safely pass through security at airports. Be sure to have your pacemaker ID card with you.

- 请勿推、拉或提起超过 10 磅或 4 公斤重的物品。1 加仑牛奶重约 8 磅。
- 避免剧烈活动、接触性运动及诸如吸尘、铲地或清洗窗户等类活动。

与医生预约进行后续护理。

其他信息

- 将您装有心脏起搏器的事情，告知您所有的医疗服务提供方（包括牙医）。
- 随身携带医生给您的身份卡。此身份卡中包含起搏器相关的信息。
- 远离强磁磁体和可能产生强电场的工具，例如汽车点火系统和电弧焊机，因为它们可能会干扰起搏器的工作。
- 带磁性物品需与心脏起搏器保持至少 6 英寸的距离。这些物品包括手机、MP3 播放器、磁疗产品、立体声扬声器和手持按摩器。
 - 请勿将手机或 MP3 播放器放在起搏器上方的衬衫口袋中。
 - 使用手机时，请用与起搏器不同侧的耳朵接听。如果将 MP3 播放器绑在手臂上，请使用与起搏器不同侧的手臂。
- 微波炉、计算机、烤面包机、吹风机和加热垫等家用电器，可安全使用。
- 您可以安全通过机场的安检。请随身携带您的起搏器身份卡。

Call your doctor right away if you have:

- A temperature over 100.5 degrees F or 38 degrees C
- Redness, swelling or drainage around your incisions
- Tenderness around your pacemaker that gets worse
- An incision that opens up
- Swelling or color change to the skin of your arm or hand on the pacemaker side
- Thumping or jumping feeling in your chest or abdomen

Call 911 right away if:

- You feel faint or are too dizzy to stand.
- You have chest pain.
- You have trouble breathing.

Talk to your doctor or nurse if you have any questions or concerns.

如果出现以下情况，请立即致电医生：

- 体温超过华氏 100.5 度或摄氏 38 度
- 刀口周围发红、肿胀或引流
- 心脏起搏器周围的压痛加重
- 刀口裂开
- 与起搏器同侧的手臂或手部皮肤肿胀或变色
- 胸部或腹部有撞击感或跳动感

如果有以下情况，立即致电911：

- 感到头晕或晕眩，无法站稳。
- 胸痛。
- 呼吸困难。

如果有任何疑问或担心，请咨询医生或护士。