

心臟起搏器

Pacemaker

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

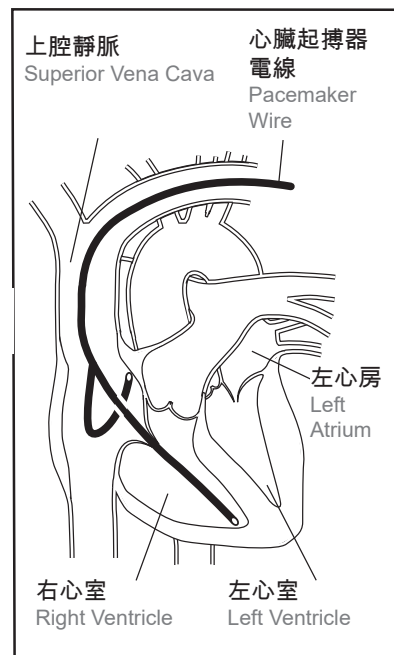
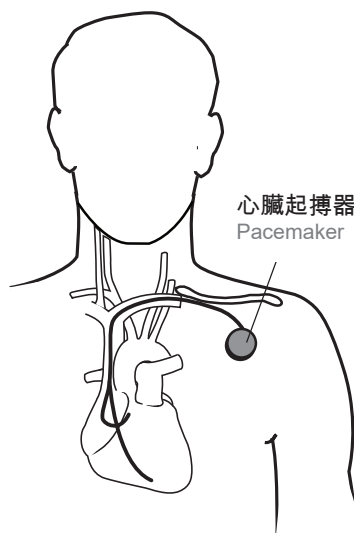
- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the rhythm of the heart beat regularly – this is if you have a pacemaker combined with a defibrillator, also called an ICD

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.

心臟起搏器是幫助您控制心率的一個小裝置：

- 心率太慢時，它加快心率
- 心率太快時，它使之慢下來
- 協助使心臟跳動恢復正常節律—前提是心臟起搏器與除顫器（也稱 ICD）搭配使用。

心臟起搏器由手術置入胸部。稱為導線的電線被放入心肌中。此帶電池的裝置被置入您的腋窩皮膚下。手術後回家時，須有成年的家人或朋友帶您回家。您在手術後單獨駕車或獨自離開是不安全的。術後的第一天讓一位成人陪伴您在家。請準時赴診。手術需 1 至 2 個小時。



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.

準備工作

- 如果您服用薄血藥或患有糖尿病，請告知醫生。您可能需要在手術前調整或更換所服藥物一段時間。
- 您可能需要在手術的前一天晚上和當天早上用一種稱為 CHG (4% 葡萄糖酸氯己定) 的特殊肥皂淋浴。它在大多數藥店以 Hibiclens 的品牌出售。手術前一天晚上用此香皂從頸部清洗到腰部，手術當天早上再清洗一次。每次淋浴時，使用 4 盎司(½ 杯 or 118 毫升) CHG 肥皂。
- 手術前一天的午夜後開始，不要吃喝任何東西，包括水。
- 詢問醫生手術當天早晨是否應繼續服藥。如果需要服藥，請祇用少量水送服。
- 手術前至少24小時內不要吸煙或使用任何煙草製品。

手術期間

- 您要穿一件醫院的袍子。
- 將給您的上臂靜脈作 IV (靜脈注射)。通過靜脈給您注入催眠藥。
- 將清潔您的頸部或胸部。男性可能要剃胸毛。
- 麻醉皮膚。
- 將電線導線放入靜脈內，透過X光將其導入您的心臟。
- 電線導線將置入您的心肌。
- 每根電線導線的另一端與心臟起搏器相連。

- 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.

- 心臟起搏器放在您皮下一個小小的地方。
- 切口將進行皮下縫合，縫合線會被自動吸收。切口上可能會貼稱為免縫膠帶的窄膠帶。在癒合期間，膠帶可防止皮膚層的分離。膠帶會在 10 天內自動鬆開和脫落。如果沒有使用膠帶，則可能使用特殊的膠水來封閉切口。

手術之後，在醫院中

- 手術部位可能要敷冰袋。
- 您的血壓、心率和切口會經常得到檢查。手術後，敷料保留 48 小時。
- 要昇高您的床頭。不要將放置心臟起搏器一側的上臂舉高過頭頂。
- 如果您感到不適，請向護士要止痛藥。
- 您將照一次胸部 X 光以檢查您的肺臟和心臟起搏器。
- 將給您靜脈注射抗生素以防感染。
- 護士將向您解釋心臟起搏器工作原理，解答任何問題並解釋對心臟起搏器的檢查。
- 請諮詢醫生何時可以開車或恢復工作。

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.

家中護理

您感覺不到心臟起搏器在運作。您能透過皮膚看見並感覺心臟起搏器的輪廓。

切口護理

- 接觸敷料或切口前後要洗淨雙手。
- 手術後 48 小時移除外層敷料。請勿移除切口上的窄膠帶。膠帶會在 5 至 10 天內自動鬆開和脫落。
- 不要摩擦心臟起搏器部位。
- 不要在切口使用潤膚液或爽身粉。

洗浴

- 手術後前 5 天內切勿洗盆浴或淋浴。切口必須保持清潔乾燥。可以擦澡，但是不要弄濕切口處。
- 手術後第 6 天可以淋浴或沐浴，但要讓水輕輕地流過切口。洗浴時切勿讓淋浴水直接落在切口上，也不要將切口浸濕在水中。用乾淨的毛巾將切口處輕輕拍乾。
- 避免將切口浸濕於盆浴、按摩浴缸或游泳池水中，直至手術部位癒合（通常術後 14 天左右）。

活動限制

- 醫生可能會要求您在 7 到 14 天之內限制進行某些活動，以使心臟起搏器部位癒合。
- 活動手時不要將心臟起搏器一側的上臂舉過肩部。可以抬起手臂洗滌或梳頭，但應避免將與心臟起搏器同側的手肘舉過肩部。

- 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.

- 不要推、拉或舉起超過10磅或4公斤的重物。一加侖牛奶重約8磅。
- 避免劇烈運動、接觸性運動和諸如吸塵、鏟地、洗窗之類活動。

和您的醫生預約後續護理診訪。

其他資訊:

- 請告知您的所有醫療提供者您有心臟起搏器，包括告訴牙醫。
- 攜帶您的醫生給您的身份卡。此卡有關於您心臟起搏器的資訊。
- 避開強磁體和可能產生強電場的工具，如汽車點火系統和電弧焊機，因為它們可能會干擾心臟起搏器。
- 磁性物品放置於距心臟起搏器至少6英吋的地方。這包括手機、MP3播放器、磁療產品、立體聲揚聲器和手持按摩器。
 - 切勿將手機或MP3放在心臟起搏器上方的衣服口袋內。
 - 接聽手機請用放置心臟起搏器相反側的耳朵。如果將MP3綁在手臂上，請使用與心臟起搏器不在身體同一側的手臂。
- 使用如微波爐、電腦、小烤箱、吹髮機和電熱墊等家用電器是安全的。
- 您能在飛機場安全通過保安檢查。請確保您隨身攜帶您的心臟起搏器身份卡。

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.

如有以下狀況，立刻聯絡醫師：

- 體溫超過華氏 100.5 度或攝氏 38 度
- 切口處紅腫或有流出物
- 心臟起搏器週圍的觸痛越來越嚴重
- 切口裂開
- 心臟起搏器一側的手臂或手部皮膚腫脹或顏色改變
- 胸部或腹部有重擊感或跳躍感

如果有以下情況，立即致電911：

- 您覺得虛弱或太暈眩而無法站立。
- 胸痛。
- 呼吸困難。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。