

# Home care after permanent device placement



## How should I care for my child's incision?

Your child's incision (cut) was closed with dissolvable stitches and special tape called steri-strips.

- The large adhesive bandage can be removed after 24 hours.
- Most often, the steri-strips stay in place for 5 to 10 days. As they peel, you may trim the curled edges of the strips.
- Make sure your child does not rub, scratch, or pick at the incision or steri-strips.
- Do not place tape directly over the incision or steri-strips.
- Do not expose the incision to sunlight or tanning lamps while healing.
- Do not use ointments while healing. The incision is healed when the skin is sealed and there is no drainage.
- Your child may shower or bathe the day after he goes home.
  - Your child may let soapy water run over the incision.
  - Do not soak or scrub the incision.
  - Gently blot the incision dry with a clean, soft towel.

## Does my child need to restrict his activities?

It will take 4 to 5 weeks for your child's device site to heal completely. During this time, your child:

- Should wear his arm sling for 1 week.
- Should not carry anything heavier than 15 to 20 pounds with the arm on the affected side.
- Should not reach for anything overhead on the side the device was placed.

After the incision has healed, your child should use extra sunscreen over the incision. Choose a sunscreen with an SPF of 25 or greater when outdoors. This helps to protect the newly healed skin.

## When should I call my child's doctor?

Call your child's doctor for any of these:

- Drainage or bleeding from the incision.
- A bad smell from the incision.
- Increased swelling.
- Increased redness around the incision.
- Red streaks that move away from the incision sites.
- Increased pain or tenderness.

Also, call your child's doctor if:

- Your child has a fever over 100.5°F (38°C).
- The incision opens or separates.
- You have any questions or concerns about how your child looks or feels.

## Contact information:

**Sibley: 404-256-2593**

**Device Clinic: 404-785-6476**

**Medtronic/Carelink: 1-866-470-7709**

## Follow up

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**This handout contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**