



IMPLANTABLE CARDIOVERTER DEFIBRILLATOR (ICD) DISCHARGE INSTRUCTIONS

IMPORTANT PHONE NUMBERS

Cardiologist: _____

Electrophysiologist: _____

Device Nurse Coordinator: **434-924-0000, ask for pager # 1502.**
Hours are Monday-Friday, 8am-5pm.

Device Service Secretary: **434-924-9527, Monday-Friday, 8am-5pm.**

Evenings and Weekends Emergency Number: **434-924-0000, ask for the Doctor on
call for the Electrophysiology Service**

FOLLOW-UP APPOINTMENTS

- You will be scheduled to be seen in Device Clinic at 2 weeks and at 3 months initially. The routine follow-up will then be every 6 months.
- Please bring your pill bottles or a list of your current medicines with you to each clinic visit.
- During the follow-up visit we will examine your incision site, evaluate symptoms of arrhythmias, and interrogate your ICD

INCISION CARE

- The original dressing will be removed the day after implant of the ICD. It will be replaced with another dressing that you should remove within 1-2 days after your discharge from the hospital. Leave the incision open to the air after this point.
- Do NOT get the incision area wet for 3 days.
- You may shower after 3 days, gently wash the area with soap and water and pat dry.
- You may take a tub bath the first day at home as long as you do NOT submerge your incision under the water

- Do not manipulate or rub area. Do not apply any salves, ointment, or peroxide or alcohol to the incision area. If there is dried blood over the area this can be gently removed with soap and water while showering.
- If the doctor put steri-strips (thin strips of paper tape) over the incision, you may wash over these but do not remove them for 7-10 days. They will begin to look dry around the edges, and start naturally detaching from the incision, and then can be gently removed.
- If the doctor used staples to close your incision, these will be removed at your follow-up appointment in 2 weeks in the Device Clinic.
- If you find that your clothing irritates the incision, a light dressing or pad may be worn over the incision site.
- You may experience some discomfort, tenderness, and bruising around the incision site. The discomfort should get better with time. You may take non-aspirin pain relievers containing acetaminophen (Tylenol) in the recommended dose.

INFECTION

- Signs and symptoms of infection are redness, increasing pain, swelling, drainage or bleeding, and fever or chills. Notify the Device Service if these symptoms occur or if you develop a temperature of greater than 100.4°F.
- Some bruising at the site of the device is normal. If you develop a large amount of bruising and the area becomes swollen, you need to notify the Device Service as soon as possible.
- Please do NOT take any antibiotics for your incision unless you have checked with your ICD doctor first.
- If you are scheduled to have a dental procedure done (even a cleaning) within the first 3 months of having the ICD implanted, you will need to have your dentist prescribe a prophylactic antibiotic prior to the procedure.

CONTACT YOUR PHYSICIAN AND/OR THE. DEVICE NURSE IF:

- You experience any arrhythmia symptoms such as light-headedness, dizziness, blurred vision, or blackouts.
- You experience rapid or irregular heartbeats, particularly when not associated with exercise.
- You develop chest pain or shortness of breath.
- If you have any arrhythmia symptoms, **LIE DOWN**.

- If the ICD fires just once, and you feel fine afterwards, call immediately and notify the device nurse that the device fired.
- If the ICD fires more than once, contact the device nurse immediately, and proceed to your nearest Emergency Room. **DO NOT DRIVE YOURSELF**. If you are feeling poorly after the device firing or it fires multiple times call 911 immediately.
- Carry your identification card with you at all times and get a medic alert bracelet to wear. A medic alert bracelet or necklace can be obtained from your local pharmacy.

ENVIRONMENTAL HAZARDS

Certain machines or appliances create electrical or magnetic fields that can interfere with the function of your ICD.

Home, Hazards

- Household appliances will not interfere with your ICD as long as they are grounded and in good working order.
- Microwave ovens are NOT a hazard if they are newer than 15 years old.
- A cellular phone can affect your ICD if the phone is held too close to it (Cordless phones are okay). When using a cellular phone, hold it to the ear opposite from the ICD. Carry the phone on the side opposite to your ICD. Never carry it in a chest pocket, even when it is turned off.
- Avoid standing in the entryway of a store with shoplifting detectors. However, walking past such equipment at a normal pace will not interfere with the function of your ICD.
- You may stand next to a running car engine but don't lean over one.

Airport Security

- Airport metal detectors may detect your ICD, but they will not harm it.
- You may need to show security personnel your identification card.
- Hand-held security scanning devices may be passed over the ICD, but they should not be held in place over it.

**MAKE SURE YOUR DOCTOR KNOWS THAT YOU HAVE AN ICD
IF YOU ARE SCHEDULED FOR ANY OF THE, FOLLOWING
PROCEDURES OR TESTS:**

- MRI x-ray. You should NEVER have an MRI done due to the large magnetic field it creates.
- Radiation Therapy
- Diathermy
- Electrocautery (used in most surgical procedures)
- Lithotripsy

Contact your ICD doctor if there are any questions regarding these procedures.

- Please notify the Device Service if you are scheduled for surgery. Often the ICD therapy is turned off prior to going into the operating room as electrocautery can interfere with the device function.

ACTIVITY

- Your arm or shoulder may be sore for up to 2 weeks or more.
- Do NOT raise your arm up over your head for 3 days after surgery, but do move it back and forth at the level of your shoulder during that time to avoid frozen shoulder muscles from developing. After that you may move your arm freely but should avoid lifting heavy weights (anything weighing more than 10 lbs) for 2 weeks.
- You should avoid vigorous activities that involve bouncing (running, horseback riding, contact sports, etc.) or vigorous arm exercises (golfing, swimming, vacuuming, sweeping, gardening, etc.) for 6-8 weeks after your ICD implant. This will allow the lead(s) to attach securely within the heart chambers.
- Do NOT drive until your healthcare provider allows you to do so. Specific driving restrictions will depend on your health situation. If your healthcare provider advises you not to drive, please follow that advice.