

DISCHARGE INSTRUCTIONS AFTER AN ICD IMPLANT

We wish you a quick recovery. Please read follow the instructions in this handout and let us know if you have any questions or concerns.

Traveling home

For your safety, a **responsible adult must drive you home after the procedure**. You will be drowsy from the medication used during the procedure. Your driver should be ready to take you home by 10:00 a.m. the morning you leave the hospital. **Please talk to your doctor about when you can safely drive again.**

How will I feel?

You may feel discomfort at the device implant site during the first 48 hours after the procedure. Your doctor will tell you which medications you can take for pain relief. Please tell your doctor or nurse if your symptoms are severe or last longer than 48 hours.

Do not get the incision wet for 5 days after the procedure. You may shower (do not scrub the incision) on: _____

You may remove your bandage on: _____

If you have Steri-Strips, remove them on: _____ **If they fall off before this date, it is OK.**

Other instructions: _____

Wash your hands before you touch your incision. Do not cover the incision unless your doctor or nurse tells you to do so. Do not use creams, lotions or ointments on the incision.

LOOK at your incision every day. **CALL** your doctor if you have any signs of infection, such as:

- More drainage, bleeding or oozing than normal
- An opening in the incision
- The incision area is red, warm and/or swollen
- A temperature of 101 degrees F (38.4 degrees C) or higher
- You feel shaky, chilly or dizzy
- Also call if you have heart palpitations

If your ICD is in your stomach area, do not wear tight-fitting clothing or belts.

Activity guidelines

Talk to your doctor about when it is OK for you to return to work and your normal activities.

During the first 6 weeks after the implant:

- DO NOT lift anything that weighs more than 10 pounds.
- DO NOT push or pull heavy objects. Avoid doing things like shoveling snow, mowing the lawn, etc.
- DO NOT golf, swim, bowl or play tennis

Throughout your recovery:

- DO take daily walks to help your recovery. Stop doing any activity that makes you overtired.

Follow-Up Visits and Device Checks

You will have a follow-up visit for a device check within 6 weeks of your procedure.

This first follow-up appointment is critical, because we will make changes to your device to help it last as long as possible.

After your first follow-up appointment, your ICD should be checked every 6 months in the Device Clinic. You can use a remote monitoring transmitter. This lets you check your device every night. You may only need to have your ICD checked in-person once a year. If you can use the remote

Remote Monitoring

Remote monitoring uses a phone (cellular or land line) to send information about your ICD to the Device Clinic.

- Transmissions are sent every 6 months and are billed as office visits. Call your insurance company to check coverage.
- Alerts are sent if there are changes to your heart rhythm or the device in between transmissions. There is no charge for these transmissions.
- The monitor will be given to you in the Device Clinic or mailed to your home.
- There is no charge for the remote monitor; it is included in the cost of the device implant.
- You will get more information about remote monitoring before you leave the hospital.

monitor, you will receive instructions while you are at the Device Clinic.

Every year, around the anniversary of your ICD implant, you will have an echocardiogram scheduled along with a complete device check in the Device Clinic.

Device Information

What does therapy from the device feel like?

You may or may not be able to tell when your device detects and corrects your heart rhythm. It often depends on the type of therapy you receive from the device:

- **Pacing** - Usually does not cause pain. You may not feel this therapy.
- **Cardioversion** - This type of therapy may feel like a thump on your chest. It only lasts for a moment.
- **Defibrillation** - This type of therapy may feel like a kick to your chest. It only lasts for a moment. Some patients say it feels like a shock from an electrical outlet. Most of the time, you will be awake when the shock is sent, but you may also lose consciousness before it happens.

What should I do if I receive therapy from the device?

- Stay calm. Sit or lie down.
- If someone is touching you when the device fires, he or she may feel a tingling sensation. This is not harmful.
- If possible, have someone to stay with you until you feel better
- If you do not feel well within 5 to 10 minutes after getting therapy, call your doctor or 911.
- If you feel fine after receiving the shock, you only need to call your doctor within 24 hours.
- Call your doctor if your device fires two or more times in a 48-hour period and/or your device fires before your first follow-up appointment.

Will electrical devices affect my device?

- You can safely use electric blankets, heating pads, cordless phones and microwave ovens.
- Hold your cell/mobile phone on the opposite side of where the device was implanted. Do not

place a cell/mobile phone directly against your chest or on the same side as your device.

- Avoid strong electric or magnetic fields. These include some industrial equipment, ham radios, high intensity radio waves (found near large electrical generators, power plants, or radio frequency transmission towers), and arc resistance welders.
- Strong magnetic fields stop the device from monitoring your heart rhythm, but do not damage the device. Once you are out of these fields, the device works normally.
- Other items to avoid are TENS units, muscle stimulators, radiation therapy, mattresses and jewelry that contain magnets, welding equipment and chain saws.
- Walk quickly through entrances where anti-theft devices are being used.

If you have any questions about electronic equipment and your device, please call the device manufacturer.

What should I do about my device if I need surgery?

Your device may need to be programmed OFF during surgery. Please contact your doctor's office to make arrangements. Have your device checked within 6 months before your surgery.

How long will my device last?

ICDs last 4 to 8 years. Keeping your follow-up appointments in the Device Clinic lets your healthcare team keep track of how well your device is working and when it will need to be changed.

ID Card

You will get a temporary ID card that tells you what type of device and leads you have, the device manufacturer, the date of the device implant and the doctor's name who implanted the device. You will get a permanent card from the device company within 3 months. **It is important to carry this card at all times in case you need medical attention.**

MRI Information

If you need an MRI, call your ICD manufacturer to see if you can safely have an MRI. The manufacturer's phone number is on your device ID.

Managing your condition

Because ICD therapy is only one part of a complete treatment program, it is important for you to take your medications, make changes in your diet, live a healthy lifestyle, keep your follow-up appointments, and be an active member of your treatment team.

When to Call Your Doctor

- You have any signs of infection at your incision site
- Your device fires two or more times within 48 hours
- Your device fires before your first follow-up visit
- You lose consciousness (pass out) before your device fires
- Your arm closest to the device is numb or feels tingly

it's OK to drive on:

It's OK to go back to work on:

It's OK to resume sexual activity on:

Other Notes:



This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

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