

DISCHARGE INSTRUCTIONS AFTER AN ICD IMPLANT

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

When will I go home?

For your safety: Please make plans to have someone drive you home from the hospital, even if you do not go home the same day. You will be drowsy from the medication used during the procedure. Ask your doctor when you can safely drive again.

Same-day discharge: You may be able to leave the hospital on the day of your procedure. If you live more than 2 hours away from Cleveland Clinic, please make arrangements to stay in the area for the night.

Hospital stay: You may need to stay in the hospital overnight after your procedure. If so, please have your driver at the hospital by 10 a.m. the morning you leave.

- 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.
- Do not use ointments or creams on the incision.
- Wash your hands before you touch your incision
- Check your incision every day for signs of infection.
- If your ICD is in your stomach area, do not wear tight clothing or belts

it's OK to drive on: _____

It's OK to go back to work on: _____

Other notes: _____

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.

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

Activity guidelines

Talk to your doctor about when you can 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
- DO NOT lift your arms over your head

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, you will have your ICD checked every 6 months in the Device Clinic. You may be able to use a remote monitoring

transmitter. This lets you check your device every night. If you use a remote monitor, you may only need to have your ICD checked in-person once a year. If you can use the remote monitor, we will give you more information in the Device Clinic.

Echocardiogram: Every year, around the anniversary of your ICD implant, you will need to have an echocardiogram and device check in the Device Clinic.

Remote Monitoring

Remote monitoring uses a phone to send information about your ICD to the Device Clinic.

- Transmissions are billed as office visits. Call your insurance company to see if they will pay for them.
- If you have changes in your heart rhythm or the device in between transmissions, an alert (no charge) is sent to the Device Clinic.
- You will get the monitor in the Device Clinic or by mail.
- 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.

Device Information

What does therapy from the device feel like?

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

- **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 getting the therapy, call your doctor within 24 hours to let him or her know.
- 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, and 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 5 to 10 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 the 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.

Call Your Doctor if:

- 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

Questions?

Please call the nursing staff in the Device Clinic at:
216.444.6483 or 800.223.2273 ext. 46483 8:00 a.m. to 5:30 p.m.,
Monday through Friday.

At other times, please call:

888.490.6121
to speak to a registered nurse 24/7.
or
800.223.2273
ask for the EP Fellow on call



Cleveland Clinic

9500 Euclid Avenue, Cleveland, Ohio 44195
clevelandclinic.org/heart

DEVICE CLINIC

216.444.6483 or 800.223.2273 ext. 46483

ELECTROPHYSIOLOGY AND PACING

Appointments: 216.444.6697 or
800.223.2273 ext. 46697

if you are on hold longer than 2 minutes, please hang
up and call back.

*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.*