

IMPLANTABLE CARDIAC DEFIBRILLATORS (ICDs) DISCHARGE INSTRUCTIONS

What you need to know

We have discussed a lot of information about your implantable cardiac defibrillator (ICD) with you and your family while you were in the hospital. This instruction sheet is a summary of the most important facts we want you to remember.

Going home

If your incision was closed with Dermabond (a medical adhesive), all bandages will have been removed before you go home from the hospital. It is OK to take a shower. **Do not** scrub the incision. The Dermabond will slowly crystallize and fall off on its own. **Do not** peel it off yourself. Do not apply powder or lotion on the incision.

If your incision was closed with only Steri-Strips (not Dermabond), a small bandage may have been applied over the incision site before your discharge from the hospital. Leave this bandage on until your follow-up appointment unless you have been specifically instructed otherwise. You can take a sponge bath during this time. It is OK to wet the bandage area if you cover it with plastic wrap (e.g. Saran wrap). Steri-Strips should be left in place; they will fall off on their own in a few days.

You will be given a prescription for an oral antibiotic, which will help prevent a post-operative infection. Please fill the prescription immediately when you go home and take the pills as prescribed.

You will receive a temporary ID card describing your defibrillator. Please carry it with you **AT ALL TIMES**. A permanent ID card will be mailed to you by the defibrillator manufacturer within 6 weeks. If you lose your card or do not receive a permanent ID card please call our office for further assistance

Activity restrictions

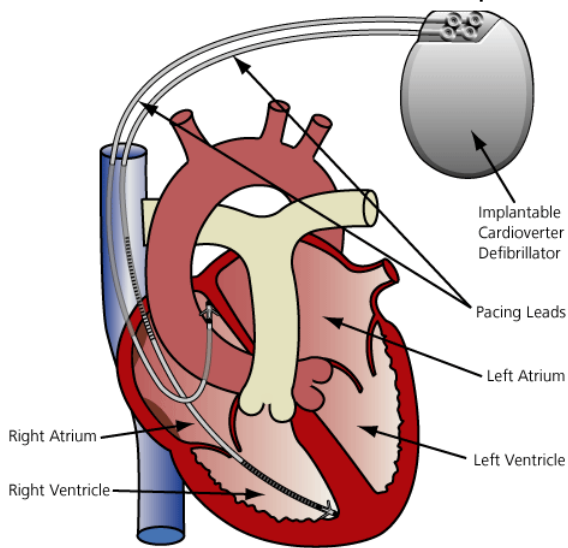
You should avoid the following activities:

- Raising or lifting your arms above your head for one month
- Lifting heavy objects (greater than 10 pounds) with the affected arm for one month
- Avoid stretching or vigorous activity with the affected arm for one month. After this you can resume regular activities. Your doctor will discuss additional activities such as driving

Follow-up visits

At your 1-week follow-up visit, you will be seen by a Nurse Practitioner. A doctor will be available to see you in the event that there is a problem with your defibrillator. At this visit, your incision and your defibrillator will be checked. You may also receive instructions on how to set up a monitoring machine that allows your doctor to check the defibrillator from your home.

At this visit and each follow-up visit,



please bring a list of ALL medications (along with the doses and frequency) that you are taking. Also bring information (name, address, phone number) of your primary doctor with whom you would like us to share information about the results of your evaluation.

When to call your doctor

Call your doctor immediately if you notice any of the following. If you think it's an emergency call **911** first.

- ✓ Worsening pain at the operative site
- ✓ Redness, swelling or warmth around the incision
- ✓ Discharge or bleeding from the incision site
- ✓ Fever of 100 degrees F or higher
- ✓ Dizziness, light-headedness, palpitations or fainting
- ✓ ***If your defibrillator makes a beeping sound***

What you should do if your ICD delivers a shock:

If you receive one shock from your ICD and you feel OK, sit or lie down and call your doctor

If you receive one shock and you do not feel well afterwards, call the Emergency Medical Services at **911**.

If you receive 2 or more shocks in a row, lie down and call the Emergency Medical Services at **911**. The Emergency Medical Services will take you to the nearest Emergency Room. Remember to keep the phone number of your local EMS readily available for quick reference.

Strong electromagnetic fields may affect your ICD. Avoid the following:

- Airport and government building security systems. The ICD will not be affected but it may cause the security systems alarm to go off. You may instead be patted down
- Anti-theft (electronic article surveillance) systems frequently present in stores, malls or libraries. The ICD will only be affected by prolonged and close contact so walking through without stopping is fine
- Power plants, large transformers and arc welders
- Electromagnetic fields such as working closer than 12 inches over a running car engine or lawn mower
- Stereo speakers in large stereo systems
- Magnetic wands used at “Bingo” games or by airport security
- Magnetic Resonance Imaging (MRI)

You do NOT need to be concerned about using the following. They will NOT affect your ICD

- ❑ Electric typewriters, copiers, fax machines
- ❑ Personal computers, VCRs, TVs

- ❑ Microwave ovens, household appliances
- ❑ Electric razors, hair dryers
- ❑ Hand held power tools, electric garage door openers
- ❑ Riding in cars, boats, airplanes, trains, golf carts
- ❑ X-rays, ultrasounds, laser procedures (not near the device) and CAT scans

You may have an ICD that will emit a beeping sound if you come too close to an electromagnetic field. If you hear this sound, move away from the area **and call your doctor.**

Reminders

Continue taking all medications as prescribed by your doctor. Always carry an updated list of your medications, dosage and schedule with you.

If you are on Coumadin be sure to go to your primary doctor to have your blood levels measured. This is very important. The ICD clinic does not do this blood test.

Always carry your ICD Identification Card with you. You will receive a temporary card before you are discharged. A permanent card will be mailed to you by the manufacturer in about 4-6 weeks.

It is important for you to tell other health care professionals, doctors, dentists, and nurses that you have an

ICD. Certain tests and procedures may interfere with your ICD.

It is very important that you keep your doctor visits so that your doctor can know if your ICD is working properly.

The first visit will be an office visit after one week to check how your wound is healing. The next visit will be in one month in the ICD clinic. Your ICD will thereafter need to be checked every four months either at the clinic or through a machine at home. See the attached listing of follow up visits.

We encourage your family and friends

to learn CPR. This can be done through a local agency such as your community hospital, the Red Cross, local emergency ambulance corps or the American Heart Association.

Remember.....These discharge instructions are general guidelines for you to follow after you leave the hospital. Please let the staff in the clinic know if you have any other questions or concerns.

For more information, check our website: www.arrythmia.org or contact our Arrhythmia Nurse

SCHEDULE OF FOLLOW UP VISITS FOR ICD PATIENTS

<p>First visit Wound and ICD will be checked. Instructions will be provided on how to set up the home monitor so that the ICD can be checked from home. Bring medication list and name and address of primary physician</p>	1 week after implant	In the ICD clinic
<p>Second visit Office visit Bring medication list.</p>	1 month after implant	In the ICD clinic Call for appointment
<p>“NIPS” or ICD testing</p>	3 months after implant	In the hospital. Ambulatory procedure which involves brief sedation and testing of ICD. Have someone available to take you home.
<p>Office visits Bring medication list</p>	Every 6 months (Every 3 months home monitoring)	Alternating clinic and home monitoring