

## IMPLANTABLE CARDIOVERTER DEFIBRILLATOR (ICD) DISCHARGE INSTRUCTIONS

### FOLLOW UP APPOINTMENTS

2 weeks after your surgery, you **must** be seen at The Huntington Heart Center located at 172 East Main Street, Huntington, NY 11743 (631-385-0022). Your appointment is scheduled for \_\_\_\_\_. Further follow-up appointments will be necessary in the future (about every six months).

ICD follow-up is important to ensure that your ICD continues to function correctly and give information regarding battery status. When you have a fast heart rhythm, it's called an *event* or *episode*. The ICD keeps a record of every event you have. This record tells what your heart rhythm was during the event and what the ICD did to treat it.

### ACTIVITY RESTRICTIONS

1. You may resume light activity the day after surgery.
2. Showering is not permitted until 5 days after the surgery.
3. Driving is prohibited until further instructions from the doctor who implanted the ICD.
4. For 3-4 weeks after surgery
  - a. Avoid raising arm above your shoulder. This prevents movement or accidental dislodgement of leads and promotes healing.
  - b. Don't lift more than 10 pounds.
  - c. No vigorous activity of affected arm (ex: sweeping, shoveling, swimming, golf, etc.)

### INCISION CARE

1. There will be small strips of tape (called steri-strips), or glue (Derma bond) over the incision site. They may fall off naturally or the doctor will remove them at your first follow-up visit.
2. Notify the doctor who implanted your ICD if you develop signs of infection. These include: a fever of 101 degrees F; redness, swelling or tenderness at the site; and drainage from the incision site.

### MEDICATIONS

Before you are discharged, your doctor will tell you what medications to take. Do not discontinue any medication without advice of your doctor. If you have any questions, please ask your doctor or nurse.

### SAFETY PRECAUTIONS

1. **Always** carry your ICD emergency card with you. We recommend applying for a Medic Alert bracelet or necklace.
2. Always tell medical personnel that you have an ICD because certain procedures may interfere with your ICD.
3. You may safely pass through metal detectors in airports, but your ICD may trigger the alarms. Show your ICD identification card to airport security personnel **before** passing through the detector. **Never** let the security guard scan you with a hand held wand; it can interfere with your device and change the programming.
4. **Do Not** linger between store security systems. If you set off the detector, show your ICD card. If you hear a beeping noise, it can be your ICD telling you to move away from the detectors. **Avoid:** MRI's, heavy duty electrical equipment, and strong magnets. Microwaves and computers **will not** interfere with your ICD.
5. If your ICD is making a tone, contact The Huntington Heart Center at 631-385-0022.
6. Use cell phones on the ear **opposite** your ICD. Keep the cell phone 6" from the ICD.

### WHAT TO DO IF YOU HAVE AN EVENT

If your heart beats too fast, or you feel faint or dizzy, sit or lie down **immediately**. You want to avoid further injury as you may fall into something. If you receive a shock, notify our office. If you receive more than 1 shock, call 911 for an ambulance transport to the hospital immediately.

### MY SIGNATURE INDICATES

- I have received and understood the oral instructions regarding my ICD.
- I will arrange follow-up visits as instructed above.
- I acknowledge receipt of the written instructions as outline above.
- I will read and review these instructions.

X \_\_\_\_\_ PATIENT (or Legal Guardian)

X \_\_\_\_\_ Staff (Witness) Signature

X \_\_\_\_\_ Date