



## ICD Discharge instructions

### Wound care instructions:

- Keep the area where the pacemaker was inserted clean and dry.
- Do not get the pacemaker incision wet for at least 3 days.
- Do not submerge the wound under water during the healing period.
- Notify your physician if:
  1. You notice unusual redness or swelling at the site,
  2. Drainage from the wound,
  3. A fever of greater than 100.5 or chills.
- Avoid extreme pulling, pushing or lifting motions for 4 weeks from the date of the procedure, (such as placing your arm over your head without bending at the elbow).
- No golf or swimming for 6 weeks.
- **You will need to be seen in 1-2 weeks to for a wound check.**
- If you do not have an appointment scheduled, call **602-867-3737** to schedule an appointment for a wound check.
- Do not drive until you are seen.

### Things you cannot do:

- Arc welding can adversely interact with your device and cause an inappropriate shock.
- MRI scans can adversely affect your ICD. You CANNOT have an MRI.
- Do not lean over a running car engine with the hood up. The electrical signal can be misinterpreted by the device. Being next to a running car should not adversely affect your ICD.

### Things you can do:

- You can have X-rays and CT scans
- Normal household items such as microwave, TVs, refrigerators, ovens, saws, dryers, washers, electric blankets and computers DO NOT adversely affect your ICD.
- Cellular phones do not, in general affect your ICD. It is recommended you use the ear opposite the device. Blue tooth is OK.

### Traveling with your device:

- Immediately following your surgery, you will receive a temporary identification card. A permanent identification card will be sent to you by mail in 8 weeks. Keep this card with you at all times.
- Tell the airport personnel that you have a pacemaker-defibrillator, show them your ID card and they will wand everything but the device. X-ray will not harm your device.

### What if I get shocked at home?

- If you receive 1 shock and you feel fine, remain calm and call **602-867-3737** to be seen in the next 48 hours. Your device will store the information, so we will be able to review what caused the shock.

- If you receive 1 shock and do not feel well, and have shortness of breath, chest pain or dizziness, be seen in the ER.
- If you receive 2 shocks or more in 24 hours. Dial 911 to be taken to the ER.

**Remote monitoring:**

- All ICDs have remote capabilities. If you are not sent home with a remote monitoring device, one will be ordered for you at your wound check. The remote monitors can be used with a land line, or for a small monthly fee, a cell phone adapter. You will have a full interrogation from home 3 times yearly, with one in office interrogation per year. This is recommended, so you can be monitored closely, as we can see if you are having arrhythmias and be treated to prevent unnecessary therapy from your device.