

Post-Implant Instructions

Discharge Instructions for ICDs

Call your doctor if:

1. You become dizzy, faint or black out.
2. If you have a fever over 100 degrees.
3. If the incision drains for more than two days.
4. If you have pain not relieved by medication.
5. The area around the ICD becomes red or hot to the touch.
6. You receive a shock from the defibrillator before your first follow-up.

Wound care:

1. Avoid getting the wound wet or dirty for one week
2. Remove the occlusive dressing in 48 hours, or as instructed.
3. If you have tapes covering the incision (steristrips) remove them after one week.

Medication:

1. Refer to the medication instruction sheet provided by the nurse.
2. Check with your doctor about when to resume any medications you stopped for the procedure.

Activity:

1. Do not drive for 24 hours.
2. Avoid strenuous activity using the arm on the same side as the implant for one week.
3. Check with your doctor about returning to work.
4. When using a cell phone do not dial the phone near the ICD.

General information:

1. Remind your doctors and dentists that you have an ICD.
2. Tell airport security you have an ICD.
3. Carry your ICD identification card with you.
4. Microwaves and other household appliances generally do not affect ICDs.

You received radiation (x-ray) during your pacemaker implant. If you see a reddened area on your back or chest this could have been caused by radiation exposure. Please notify your physician if this occurs.