

Implantable Cardioverter Defibrillator (ICD) Discharge Instructions

1. Any overhead arm exercises will be limited at the discretion of your doctor. Please ask your doctor to specify the exact restrictions and the length of time you will be restricted.
2. No driving until released to do so by your doctor.
3. Leave dressing on incision site for 48 hours. Bandage may be removed on _____ at _____ am/pm.
4. Wash your hands for 20 seconds before and after touching the dressing and/or incision.
5. After the dressing is removed, you may shower.
6. Wash incisions daily with mild soap and warm water and pat dry. Do not scrub the incision.
7. If you have steri-strips, do not remove them. Allow to fall off on own.
8. Do not use lotions, ointments or powder on the incision site unless directed by your doctor.
9. Call your doctor if you have any increase in blood or drainage from incision site, fever of 100.5 or greater, or increased redness or swelling at the incision site.
10. You will need to schedule follow-up for your device with your doctor's office. They may mail you a transmitter to check your device from home.
11. If symptoms of abnormal heart rhythm occurs, lie down or sit with back supported.
12. Notify your doctor if you experience a shock. If you experience more than two shocks, or if you are symptomatic (dizziness, weakness, blackout spells, rapid heart rate), go to the emergency room or call 911. If one or two shocks occur during the night and you have no symptoms, call your doctor early the next morning.
13. Avoid close proximity to:
 - a. High-powered electric current
 - b. Machinery with strong magnets or strong magnetic fields
 - c. Airport security wands above the waist (security gates are safe to walk through)
 - d. Arc welders
 - e. Alternator of a large motor
14. NO MRI Scans (Magnetic Resonance Imaging).
15. Avoid contact sports that may injure the device.
16. Notify any doctors or dentists that you have a defibrillator. The device may need to be turned off temporarily for certain procedures, especially if you are having a surgical procedure.
17. Always carry your ID card and consider wearing a Medic Alert bracelet.
18. Notify your doctor if you hear a noise or beeping sound coming from your defibrillator.
19. Know your medications and take them as prescribed. Keep emergency numbers posted by the telephone. Family members may wish to learn CPR.
20. The Defibrillator Support Group meets at East Jefferson Hospital every other month.

**East Jefferson General Hospital
Cardiac Rehab Department
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