

Implantable Cardioverter Defibrillator (ICD) Implant

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

You had a device implanted in your chest to treat your rapid, irregular heartbeat.

What to Expect After Surgery

You may have some mild discomfort and bruising.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

Incision Site

- Follow your health care provider's directions for incision care.

Pain Relief

- Take any prescription and over-the-counter medicine as directed.

Activity

- For the first 2 weeks, don't lift anything that weighs more than 10 pounds on the implant side arm only.
- For the first month, avoid any arm movements that put your elbows above your shoulder.
- Check your pulse on your wrist on the side that your implant was placed.
- Your health care provider will tell you when it's OK for you to shower, drive, return to work and have sex.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Rest as needed.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

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Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Clinic

- If you receive one shock, call the clinic for an appointment to have your ICD checked.
- If you are scheduled for a non-heart related surgery or procedure, the ICD settings may need changing before the procedure. Tell your health care provider that you have a device.
- If you are not sure about what you are feeling or have questions about how you are feeling, stop what you are doing and call your clinic. Ask to talk to a health care provider or a nurse.

When To Call 911

Call 911 if you:

- receive more than one shock in a short period of time
- have symptoms after a shock
- feel you are having a medical emergency.

Important Reminders

- Carry your ICD identification card with you at all times.
- Tell other health care providers that you have an ICD.

Follow-up Appointment

At your follow-up appointment, you will be taught how your device will be checked.

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.