

# Truong D. Duong, MD

## Cardiac Electrophysiology



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### Pacemaker/Implantable Cardioverter Defibrillator (ICD)/Bi-Ventricular ICD Discharge instructions

#### Before You Go Home You Should Receive:

- A **Patient booklet**. This booklet contains important information for you and your family to read. This booklet will also explain how your device works.
- A temporary **identification card** from the device manufacturer. It is strongly recommended that you **keep this card in your purse or wallet**. It is important for all health care providers to know you have a device and to have access to the information on this card if needed. The device manufacturer will mail you a permanent plastic identification card usually one month after your surgery.
- **Prescriptions** for an antibiotic for several days and pain medications. Please verify all your medications with your doctor such as any cardiac medications and Coumadin before going home.

#### **What should my activity level be?**

- Plan to relax your first day at home. It is normal to feel tired.
- To promote healing, gentle small movements of the affected arm should be performed for one month. You should not do any aggressive stretching or heavy lifting (over 10 lbs) during this time because this could affect healing of your incision.
- Do not lift affected arm above your head for 1 month.
- **Avoid activities that could lead to rough contact with your device insertion site.**

#### **What should I eat?**

- You will most likely be able to resume your usual diet, unless your physician instructs you otherwise.

#### **How do I take care of my dressing and when can I shower?**

- Keep the hospital dressing on your incision until your follow-up appointment one week after discharge.
- This dressing must be completely dry to allow for healing of the incision. It is recommended that you take sponge baths until your follow-up appointment.

#### **With whom do I follow-up?**

- Make an appointment to be checked within one week with Dr. Duong or his nurse.

*(please turn over)*

### **When can I drive?**

- Do not drive until after your one-week follow-up appointment.
- At this appointment, discuss driving with your cardiologist. He/she will advise you based upon your medical history.

### **What about the medication Coumadin?**

- If you were taking Coumadin prior the implantation of your device, Dr. Duong will inform you when to restart.

### **What else do I need to know about my pacemaker or Defibrillator?**

- Do not carry a cellular phone in a pocket or on a belt within six inches of the device as this can affect the operation of the unit.
- Microwave ovens will not affect your device and are safe to use. Household appliances such as electric blankets, electric shavers, and hair dryers are also safe to use.
- The amount of metal used in implanted medical devices is very small. It is usually not enough to set off metal detectors; however, if it does, simply show security personnel your patient identification card.
- Passing through a metal detector will not hurt your device. However, you do not want to linger too long near the metal detector (no more than 15 seconds is recommended). The best thing to do is to walk through at a normal pace. If the alarm sounds (it may or may not), it only means that the system detected the metal in your device.
- Security personnel may use a handheld wand. If so, it is important that you ask them to perform the search quickly and to avoid holding the wand over your implanted device for a prolonged period of time. Your device will not interfere with aviation navigation equipment.
- Avoid holding strong magnets near your ICD.

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### **MRI's may affect your device function. Talk to your cardiologist before an MRI.**

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### **What should I do if I feel a shock? (this applies only to those with Defibrillators)**

Many people say a shock feels like being kicked hard in the chest. It usually comes suddenly and lasts only a second. Although you may feel upset for a short time after a defibrillator shock, it is good to know that the ICD is treating the heart rhythm problem.

### **Call 911 If You:**

- **Receive 2 or more shocks within a short time period (1-2 minutes).**
- **Do not feel well after a shock or experience shortness of breath or chest pain that does NOT stop after the shock.**
- **Experience any medical emergency.**

### **Please Call Dr. Duong's Office If You:**

- **Receive a shock** and feel OK afterwards. The ICD / pacemaker staff will speak with you or will call you the following work day if you leave a voice mail after hours.
- **Experience increased redness, warmth, tenderness, or swelling of your incision site.**
- **Experience fever or chills.**
- Have any questions or concerns regarding your ICD.