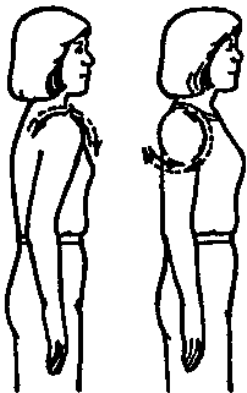


Going home after ICD insertion (Implantable Cardioverter Defibrillator)

1. Keep all bandages dry.
2. Remove the top puffy layer of bandages _____.
3. Remove the smaller bandage _____.
4. Leave steri-strips on until first appointment.
5. Once the bandage is removed, you may bathe or shower or get the incision wet.
6. You may bathe or shower on _____.
7. Check for any redness, swelling or drainage from your incision daily. Call the Nurse Clinician right away if you notice any of these signs.

For new ICDs only:

- Do not do any heavy lifting for the next 6 weeks. This means do not lift anything over 10 pounds or 4.5 kilograms such as a bag of groceries, small suitcase or small child.
- Do shoulder rolls daily on the side of the ICD to prevent shoulder stiffness.



Stand or sit with good posture.
Slowly rotate shoulders backward.
Then rotate shoulders forward.
Repeat 3 times.

Picture used with permission from The Saunders Group Inc.

- Do not raise your hand on the side of your ICD any higher than the top of your head for the next 6 weeks.

Activities/recommendations

- It is recommended by the Ministry of Transport that you do not drive for 4 weeks after the implant **unless your doctor gives you other instructions.**
- We recommend that you wear a medical bracelet that has “ICD” on it. Ask your pharmacist for information on how to order one.
- You may have sex when you feel comfortable.
- Keep your follow-up appointments at the Cardiac Ambulatory Clinic.
- Bring a current list of your medications to each appointment.
- Carry your ID card with you at all times.

If you have any non-urgent questions or concerns please call the Arrhythmia Device Specialist office at 905-527-4322, ext. 44887.

If you need to change your appointment, call the Cardiac Ambulatory Clinic on 4 East at 905-527-4322, ext. 49084. Clinic hours are Monday to Friday, 8:30 am to 3:00 pm.

What do I do if I feel a shock from my ICD?

1. **Remain calm.** A shock from the ICD will happen if the device senses the extremely fast heart rate referred to as Ventricular Tachycardia (VT) or Ventricular Fibrillation (VF). The ICD delivers this shock to reset the heartbeat and slow it down.
2. If you have one shock and you feel no other symptoms call the Arrhythmia Device Specialist at 905-527-4322, ext. 44887.
3. Be prepared to leave a message and we will return your call. This is not urgent if you feel okay. You may be asked to come to the clinic to have your device checked. **Do not drive yourself.**

Call 911 right away if you:

- have more than one shock,
- have a shock and feel dizzy, lightheaded, or nauseous, or
- pass out