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DISCHARGE INSTRUCTIONS FOR PATIENTS WITH ICD

What you need to know: We have discussed a lot of information about your internal cardiac defibrillator with you and your family/friends while you were in the hospital. This instruction sheet is a summary of the most important facts that we want you to remember.

What you should do if your ICD delivers a shock: If the ICD delivers one shock and you feel okay, you may call your doctor. If the ICD delivers one shock and you do not feel well afterwards call the Emergency Medical Services and lie down. The Emergency Medical Services will take you to the nearest hospital's emergency room.

If the ICD delivers multiple shocks in a row or in a short period of time, call the Emergency Medical Services and lie down. The Emergency Medical Services will take you to the nearest hospital's emergency room. Remember; keep the phone number of your local EMS readily available for quick reference.

Activity restrictions:

You should avoid the following activities:

- The arm on the same side as your defibrillator should not be raised above the level of your shoulder for about four weeks. You can do most of your activities without having to lift the arm above the level of your shoulder.
- Avoid lifting heavy objects greater than 5 pounds with the same arm until permitted by your doctor.
- No showering for one week (you may take sponge baths). Do not use any powder, lotion, ointment or medication on your incision.
- Keep the wound clean and dry for one week.
- After your one-week wound checkup appointment you may shower as usual, allowing the thin Steri-strips to come off on their own.

For any increase pain, swelling, redness or fever (temperature greater than 100.4) or if you have any questions about your device call 732-247-7444.

Activity after your discharge:

- You could use your arm, but avoid reaching above the level of your shoulder for four weeks. Avoid the upper body exercises for six weeks. Walking is fine and encouraged. If this is your first device, avoid driving for six weeks.
- Strong electromagnetic fields may affect your ICD. While passing through the airport and government building security systems, antitheft systems frequently present in stores, malls, or libraries, the ICD will not be affected. But it may cause the security systems alarms to go off. You may instead be patted down. Carry your ICD identification card to show it to any requesting authorities.

Discharge instructions for patients with ICD/defibrillator patients.

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- You can pass through the metal detectors or you may pass through the security systems without any problem. But do not stand in between them for greater than several seconds. The ICD will only be affected by prolonged and close contact, so walking through them without stopping, is fine. Power plants, large performers, and arch welders should be avoided. Electromagnetic fields such as walking closer than 12 inches over a running car engine or lawn mower, stereo speakers in large stereo systems, magnetic wands used at bingo games or by airport security and MRI should be avoided.
- You do not need to be concerned about using the following which will not affect your ICD: electric typewriters, copiers, fax machine, personal computers, VCRs, TVs, microwave oven, household appliances, electric razors, hair dryers, hand held power tools, electric garage door openers, riding in the cars, boats, aeroplanes, trains, golf carts, X-rays, ultrasounds, laser procedures not near the device and CAT scans. You may have an ICD that will emit a beeping sound if you come too close to an electromagnetic field. If you hear this sound, move away from the area.

When to call your doctor: Check your incision for any of the following changes and call your doctor immediately if you notice any of the following: redness, swelling or warmth around the incision, drainage or bleeding from the incision site, increased soreness or tenderness in the area of the incision, chills or fever, or if your defibrillator makes a beeping sound.

Reminders: You will receive a temporary ICD card before your discharge. A permanent card will mailed to you by manufacturer in about a month. If you have a test, procedure or go to the hospital tell your doctor that you have an ICD/defibrillator. It is strongly advised at you wear a MedicAlert bracelet or necklace. This information can be obtained before your discharge or at a local pharmacy. Ask your doctor if there is any other medical information in addition to defibrillator, which should be on the MedicAlert bracelet or necklace.

- Carry your doctor's phone number or business card with you. It is important for you to tell other health care professionals, doctors, dentists, and nurses that you have an ICD. Certain tests and procedures may interfere with your ICD.
- Discuss the issue of driving with your doctor. It is very important that you keep your doctor's visit so that your doctor can know if your ICD is working properly.
- Call to make your first appointment in our office within one week to check how your wound is healing. The next visit will be in one month in the hospital. Your ICD will thereafter need to be checked every three months in the office. See the attached listing for phone numbers and offices nearest to you.

Remember: These discharge instructions are general guidelines for you to follow after you leave the hospital. Please let your doctor know, if you have any other questions or concerns. If you have additional questions or need assistance please call us 732-247-7444.

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