

Implantable Cardioverter Defibrillator Generator Change: Aftercare Instructions

You received a new implantable cardioverter defibrillator (ICD) generator (battery and electrical circuit) to keep your ICD working. Please follow these instructions after you are discharged from the hospital.

*If you have
any questions
or concerns,
please ask
your physician
or nurse.*

Incision care

- Do not shower or get the incision wet until after the wound check visit 7 to 14 days after your procedure.
- You can take off the clear bandage over the incision the day after your procedure.
- When your physician tells you it is OK, you can shower and get the incision wet. Let the water, soap and shampoo trickle over the incision. Do not scrub the incision or the area around it. Pat the incision dry.
- Do not take a bath or submerge the incision in water for 6 weeks.
- Do not put any lotions, creams or gel over the incision.
- You can take off the tape strips (Steri-Strips™) 1 week after your wound check visit.
- If you have Dermabond® glue over your incision, it will come off by itself each time you shower.
- Protect your incision from the sun to avoid sunburn and decrease scarring.

Activity guidelines

- You **do not** have any arm movement restrictions.
- You may continue with your regular routine exercise as approved by your physician.
- You may drive after your procedure. However, if you get a shock from your ICD, do not drive for the next 6 months.

When to call your physician

Call your physician if you have any of these signs of infection:

- A temperature more than 100 degrees F
- Redness, swelling or tenderness at the incision site
- Drainage from the incision site

If you get a shock and feel fine:

- Sit down and rest for a few minutes.
- Notify us at Northwestern Medicine Bluhm Heart Hospital Device Clinic when you have time at 312.695.1926 during regular business hours.

If you get 2 or more shocks, pass out or do not feel well:

- **Call 911 or go to the nearest emergency department.**

For any questions or concerns about your ICD, please call the ***Device Clinic nurse at 312.695.1926.***

Follow-up visits

If you have a MyNM account, you may be able to have your wound checked remotely by sending a photo of the incision to the Device Clinic care team instead of coming to the clinic. The clinic staff will contact you if a remote MyNM wound check is right for you.

It is very important that you keep your follow-up appointments. The Device Clinic is located at:

675 North Saint Clair Street
19th Floor, Suite 100
Chicago, Illinois
312.695.1926 (TTY:711)

7 to 14 days after your procedure

You will need to come back to the Device Clinic for a wound check or send a photo through MyNM if appropriate.

Your wound check appointment is on: _____

You will start remote home monitoring after your wound check visit. You will send a remote data transmission to your clinician every 3 months for the next year. You will have an in-person visit in the Device Clinic every 1 to 2 years. At that time, you will also see the electrophysiology nurse practitioner