

ICD Generator Change: After Hospital Care

You have received a new Implantable Cardioverter Defibrillator (ICD) generator. Please follow these instructions after your discharge.

Incision Care

- Do not shower until 1 week after surgery; until you are seen at your wound check in the Device Clinic.
- The outer Tegaderm™ bandage can be removed the next day after your procedure.
- When you have permission to shower, you may 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 place any lotions, creams, or gel over the incision.
- Steri-Strips™, the clear strips of tape covering your wound, can be removed 1 week after your wound check appointment.
- If you have Dermabond™ glue over your incision, it will slough off by itself with each shower.
- Protect your incisions from the sun to avoid sunburn and decrease scarring.

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

Activity Guidelines

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

Appointments

It is very important that you keep your appointments. The Device Clinic is located at

675 North Saint Clair Street

19th Floor, Suite 100

Phone 312.695.1926

7 to 14 days after your procedure

You will need to come back to the Device Clinic for a wound check. Your wound check appointment is: _____.

You will begin remote home monitoring after your wound check visit. A remote transmission will be completed every 3 months for the next year. You will then return to the Device Clinic **once a year for an annual exam.**

If you are **not** doing remote home monitoring, you will be seen in the Device Clinic **every 3 months.**

When to Call the Doctor

Notify your surgeon if you develop any of these signs of infection:

- Fever greater than 100° F.
- Redness, swelling or tenderness at the incision site.
- Drainage from the incision site.

If you receive a shock and feel fine:

- You may want to sit and rest for a few minutes.
- Notify us at the Device Clinic when you have time at 312.695.1926 during regular business hours.

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

- **Call 911 or your local emergency number.**

For any questions or concerns about your pacemaker, feel free to call the ***Device Clinic nurse at 312.695.1926.***

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. You may also visit the HLC on the 3rd floor, Galter Pavilion at 251 E. Huron St., Chicago, IL. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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