

Implantable Cardioverter Defibrillator Generator Change: Aftercare Instructions

You have received a new implantable cardioverter defibrillator (ICD) generator (battery and electrical circuit) in order 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 appointment 7 to 14 days after your procedure.
- 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™ (tape strips) 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 incision from the sun to avoid sunburn and decrease scarring.

Activity guidelines

- You **do not** have any arm movement restrictions.
- You may continue with regular routine exercise as approved by your physician.
- 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

If you have a MyNM account, your wound check may be done virtually by sending a photo of the incision rather than coming in to the clinic. The clinic staff will contact you if a virtually (through MyNM)) wound check is right for you.

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

675 North Saint Clair Street
19th Floor, Suite 100
Chicago, Illinois
312.695.1926
TTY: 312.926.6363

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 on: _____

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

If you are **not** doing remote home monitoring, you will be seen in the Device Clinic **every 3 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 receive a shock and feel fine:

- Sit down 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, 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.**