**DISCHARGE AND FOLLOW-UP CARE AFTER YOUR ICD IMPLANT**

**Cardiac Device Clinic number:** 613-696-7076

**Follow-up appointment:** Expect to receive an appointment card in the mail for your follow-up clinic appointment. If you do not receive an appointment card in the mail within a week of having your ICD inserted, please call the Cardiac Device Clinic.

**Discharge checklist**
- [ ] Medication changes?
- [ ] Driving restrictions?
- [ ] Return to work?

**Caring for your insertion site**

The area around your insertion site, including the incision, must stay dry. Avoid taking a shower until it is well-healed – usually a week to ten days. You may take a bath, but keep the insertion site completely dry.

Remove the initial bandage two days after your procedure. Leave the area open – do not wash or put any creams or ointments on it. If you are more comfortable with the area covered, apply a small, dry gauze dressing with one piece of tape to keep it secure.

Mild discomfort at the insertion site is normal and may be treated with acetaminophen (Tylenol®) as directed on the bottle.

If your pain is not settling, call the Cardiac Device Clinic. You may need a stronger pain medication.

**Activity guidelines**

<table>
<thead>
<tr>
<th>Activity guidelines</th>
<th>Avoid these activities</th>
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<tbody>
<tr>
<td>For the first 24 hours</td>
<td>Avoid moving your shoulder on the side of the insertion.</td>
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<tr>
<td>For the first two weeks</td>
<td>Do not lift your affected arm over your head.</td>
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<tr>
<td>For the first four weeks</td>
<td>Do not lift anything heavier than 10 pounds (5 kg). Avoid any kind of sports or other vigorous activities such as golf, tennis, swimming, or sweeping.</td>
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<tr>
<td>For the first eight weeks</td>
<td>Avoid any kind of shoveling.</td>
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</table>

**HEALTHY HEART MANAGEMENT ZONES**

**GREEN ZONE (ALL CLEAR)**

- **Insertion site:** Dry, no bleeding or swelling.
- **Recovery:** You are able to resume normal activities.

**If you are in the Green Zone:**
- Keep track of any unusual events.
- Contact the Cardiac Device Clinic if you have questions.

**YELLOW ZONE (CAUTION!)

Problems with the insertion site:**
- A lump that keeps getting bigger.
- The incision site starts to open.
- Redness or tenderness, or warmth around the incision.
- Yellow pus or other fluid seeping from the incision.
- The incision site starts to become severely painful.
- You develop a fever or chills.
- If you receive a single shock and feel fine, call the Cardiac Device Clinic on the next working day. They will arrange for you to come to clinic.

**If you are in the Yellow Zone:**
- Call the Cardiac Device Clinic at 613-696-7076.
- If the office is closed, call the Heart Institute nursing coordinator at 613-696-7000 (press 0).

**RED ZONE (ALERT!)

- If you receive a shock and continue to feel unwell.
- If you receive multiple shocks.

**You need immediate medical attention. Call 911.**

**Note:** If you do visit an emergency department, ask that any reports or tests be faxed to the Cardiac Device Clinic at 613-696-7158.