**DISCHARGE AND FOLLOW-UP CARE AFTER YOUR PACEMAKER 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.

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### Discharge checklist
- Medication changes?
- Driving restrictions?
- Return to work?

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### 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.

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### Activity guidelines

<table>
<thead>
<tr>
<th>Activity guidelines</th>
<th>Avoid these activities</th>
</tr>
</thead>
<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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</tbody>
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### 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.

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**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 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).

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**RED ZONE (ALERT!)**

- You need immediate medical attention.
- Call 911.

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**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.

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For more information, refer to the Pacemaker Guide online • ottawaheart.ca/patientguides