

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.

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	Avoid these activities
For the first 24 hours	Avoid moving your shoulder on the side of the insertion.
For the first two weeks	Do not lift your affected arm over your head.
For the first four weeks	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.
For the first eight weeks	Avoid any kind of shoveling.

HEALTHY HEART MANAGEMENT ZONES

GREEN ZONE (ALL CLEAR)	
<ul style="list-style-type: none"> Insertion site: Dry, no bleeding or swelling. Recovery: You are able to resume normal activities. 	<p>If you are in the Green Zone:</p> <ul style="list-style-type: none"> Keep track of any unusual events. Contact the Cardiac Device Clinic if you have questions.

YELLOW ZONE (CAUTION!)	
<p>Problems with the insertion site:</p> <ul style="list-style-type: none"> 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. 	<p>If you are in the Yellow Zone:</p> <ul style="list-style-type: none"> 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!)	
<ul style="list-style-type: none"> _____ _____ _____ 	<p>You need immediate medical attention.</p> <p>Call 911.</p>

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.