



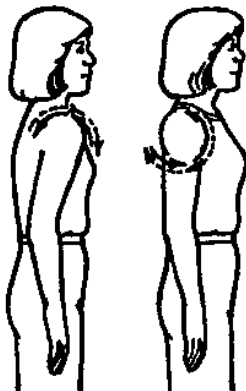
## Going home after ICD insertion (Implantable Cardioverter Defibrillator)

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1. Keep your bandage dry for 4 days.
2. You may bathe or shower after your surgery but do not get the bandage wet.
3. Remove the bandage after the 4th day. Leave the steri-strips on until your 1 week follow-up visit.
4. Check for any redness, swelling or drainage from your incision. Call the ICD Clinician right away if you notice any of these signs.

### For new ICDs only:

- Do not do any heavy lifting for the next 4 to 6 weeks. This means do not lift anything over 10 pounds or 4.5 kilograms such as a bag of groceries, small suitcase or small child.
- Do shoulder rolls daily on the side of the ICD to prevent shoulder stiffness.



Stand or sit with good posture.  
Slowly rotate shoulders backward.  
Then rotate shoulders forward.  
Repeat 3 times.

Picture used with permission from The Saunders Group Inc.

- Do not raise your hand on the side of your ICD any higher than the top of your head for the next month.

### Activities over the next 4 to 6 weeks

- It is recommended that you do not drive for 4 weeks after the implant unless your doctor gives you other instructions.
- You will need to wear a MedicAlert® bracelet that has “ICD” on it. Ask your pharmacist for information on how to order one.

- You may have sex when you feel comfortable.
- Keep your follow-up appointments at the Outpatient Clinic.
- Bring a current list of your medications to each appointment.

If you have any questions or concerns please call the ICD Clinician at 905-527-4322 ext. 44887 or the office of Dr. Connolly, Dr. Healey, Dr. Morillo, Dr. Nair and Dr. Divakaramenon at 905-577-8004.

If you need to change your appointment, call the Outpatient Clinic 905-527-4322, ext 46266.

## What do I do if I feel a shock from my ICD?

1. **Remain calm.** A shock from the ICD will happen if the device senses the extremely fast heart rate referred to as Ventricular Tachycardia (VT) or Ventricular Fibrillation (VF). The ICD delivers this shock to reset the heartbeat and slow it down.
2. **Call the ICD Clinician** if you have one shock and you feel no other symptoms.
  - 905-527-4322, ext. 46687 – Joan Dean, RN
  - 905-527-4322, ext. 44887 – Laurene Long, RN
3. Be prepared to leave a message and we will return your call on the next business day. You will be scheduled for the next clinic day to check your device.

**Call 911 or your local emergency number right away if you:**

- have more than one shock,
- have a shock and feel dizzy, lightheaded, or nauseous, or
- pass out