

AVOID:

Do not place a magnet on or near your ICD pulse generator unless instructed by your physician.

Avoid close exposure to strong electrical, radio, and magnet fields. The Device Clinic Nurse will discuss this information with you when you see her in the office. She will review the following list. If you have any questions, please call **MCVI** and ask for the Device Clinic Nurse.

- ♥ arc welding
- ♥ magnets or magnet wands
- ♥ airport security hand-held wands
- ♥ bingo wands
- ♥ stereo speakers
- ♥ battery operated cordless power tools
- ♥ MRI (magnetic resonance imaging) -- a diagnostic test performed in a hospital
- ♥ diathermy
- ♥ electro-cautery (used during surgery to stop bleeding)
- ♥ large generators and power plant
- ♥ cellular phones
- ♥ antennas typically used in the operation of ham or CB radios
- ♥ industrial equipment
- ♥ induction furnaces
- ♥ radar stations
- ♥ Avoid leaning over running motors
- ♥ security devices (do not stand in the doorways of stores, but you can walk through the doorway)

If you suspect your work environment may contain strong energy fields, please call **MCVI Device Clinic** to discuss this with the Nurse.

Always notify your physician, dentist, therapist, or chiropractor that you have an ICD when you go for your appointments.

MICHIGAN CARDIOVASCULAR INSTITUTE

1015 S. Washington Ave.

Saginaw, MI 48601

(989) 754-3000

1-877-725-6284



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Asim Yunus M.D.

Liquat Zaman M.D.

Nilofar Islam M.D.

Rehan Mahmud M.D.

Guidelines for Patients with an Implantable Cardioverter Defibrillator (ICD)

Appointment:

You will be seeing our Device Clinic Nurse at this first appointment to have your incision checked. This appointment and future appointments for your ICD will be in the Saginaw office. The number is **(989) 754-3000** or **1-877-725-6284**. Please call **MCVI-Saginaw** if you have any questions about your defibrillator and ask for the Device Clinic Nurse.

Incision:

Inspect your incision(s) daily and notify the nurse/physician if you notice:

- ♥ fever
- ♥ incisional pain that increases over time rather than decreases
- ♥ increased or continued drainage from incision sites
- ♥ swelling, increased redness, bruising, warmth or hardness around the incision(s).
- ♥ Keep incision dry
- ♥ **Do not** apply antibiotic ointment
- ♥ **Do not** remove steri strips

Personal Hygiene:

You may shower 48 hours after your surgery. **Avoid** exposing your incision(s) to water for about two weeks. Cover the incision with saran wrap to keep dry. Gently wash around the incision with mild soap and water. Pat dry with a clean towel.

Activity:

Gradually increase your activity by walking short distances at frequent intervals. Learn to count your pulse for a full minute. The best place to take your pulse is at the wrist, just below the thumb. Count the number of pulsations in 1 minute. This is your heart rate in beats-per-minute. Keep your pulse at least 15-20 beats below your therapy rate while you are active. **Be aware** of any symptoms associated with an irregular heart rhythm. The Nurse will tell you what your ICD rate is set at when she does your 6 week appointment.

RESTRICTIONS:

Do not lift anything heavier than 10 pounds for one month.

Avoid tight belts or other restrictive clothing that may irritate the skin over the pulse generator or lead incision sites.

DO NOT raise the arm on the side of the ICD IMPLANT above the shoulder for 8 weeks. You may move your arm to shoulder level, but **DO NOT** keep your shoulder stiff or immobile.

Avoid activities which require pushing or pulling for 8 weeks, e.g. vacuuming, mowing the lawn, raking, hoeing, sawing, moving furniture, laundry, bowling, or golf. Ask if you have any specific activity questions. **Avoid** any activity that involves rough contact with your ICD system.

Medications:

Always take your medication as prescribed by your physician.

What to do if you receive a shock:

If you do not feel well and/or you receive multiple shocks

Go **immediately** to the emergency room of the nearest hospital and have a family member or friend notify us.

If you feel fine and/or you notice a change in the frequency of shocks, e.g. sudden increase or decrease, please notify us as soon as possible.

REMEMBER, WHEN IN DOUBT, CALL!!

Medic Alert:

Medic Alert forms are available at our office. You may want to get a bracelet or neck chain to wear .

Sexual Activity:

Sexual activity may be resumed gradually after 2 weeks.

Diet:

There are no specific diet restrictions for an ICD implant. You are advised to follow a "Healthy Heart" diet and observe any previous dietary restrictions. You should **avoid** chocolate and all other forms of caffeine. Drink decaffeinated coffee and caffeine-free drinks. Caffeine can trigger cardiac arrhythmia's in some patients.

ICD Identification Card:

A temporary ID card will be given to you prior to discharge. A permanent identification card will be mailed to you from the manufacturer of your ICD. This card may take up to two months to arrive. **Your ID card should be carried with you at all times.**

Travel:

When you travel by airplane, present your ID card at the security check and ask to be cleared for passage with a hand search only. **Avoid** the hand-held scanning devices and the walk-through airport security systems.

Before traveling, check with the **MCVI Device Clinic Nurse** for advice in case of an emergency. If you are going out-of-state for the winter, we can give you names of doctors who could check your device while you are away from home. If you are moving, we can give you names of Electrophysiologists and arrange to transfer your ICD follow-up to their clinic.

Returning to Work:

Your physician will determine when you may return to work.

Environmental Restrictions:

Your ICD is made to protect it from most interference produced by any electrical appliances in your home. **You can continue to safely operate most appliances and tools that are properly grounded and in good repair, including:**

- ♥ microwave ovens
- ♥ television, cable TV, AM/FM radios, VCRs
- ♥ small kitchen appliances
- ♥ washer, dryer, electric stove
- ♥ hand held items such as hair dryers, electric shavers/razors
- ♥ electric blankets, heating pads
- ♥ spark ignited internal combustion engines, such as lawn mowers, leaf blowers
- ♥ hand tools: drills, table saws (unless magnetized)
- ♥ garage door openers