

Your Subcutaneous Implantable Cardiac Defibrillator (ICD)

What you need to know

Who to Call

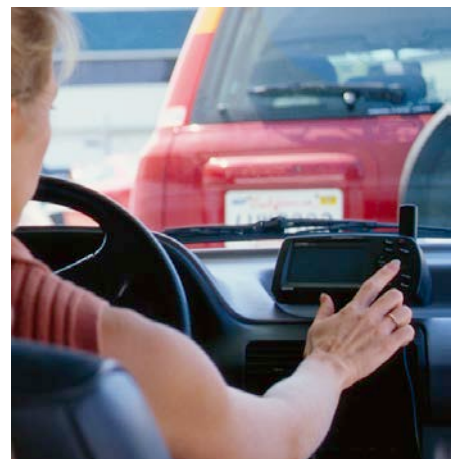
- If you have questions about your appointments, call your Cardiology Clinic weekdays between 8 a.m. and 5 p.m.:
 - **UWMC - Montlake patients:** Call 206.598.4300.
 - **UWMC - Northwest patients:** Call 206.363.1004.
- If you have a question about your procedure, care after your procedure, or your follow-up:
 - Weekdays from 8 a.m. and 4:30 p.m., call your EP Nurse _____ at _____.
 - After hours and on weekends and holidays, call 206.598.6190 and ask to page the Electrophysiology (EP) Fellow on call. The EP Fellow is a doctor who works with your primary electrophysiologist. These doctors specialize in caring for patients with ICDs.
- **For all urgent concerns, call 911.**

Going Home the Same Day

Before you are discharged, a doctor or nurse practitioner will talk with you about the results of your procedure and check your insertion site. Please ask questions if you do not understand something that your doctor or nurse tells you.

For Your Safety

You had anesthesia or sedation for this procedure. This medicine can make you sleepy and make it hard for you to think clearly.



*You **must** have a responsible adult drive you home after your procedure.*

Because of this:

- **A responsible adult must take you home.** You may not take a bus, shuttle, taxi, or any other transportation by yourself.
- For the next **24 hours**:
 - Do **NOT** drive.
 - Make sure you have a responsible adult who can help you if needed during this time.
 - Do **NOT** be responsible for children, pets, or an adult who needs care.
 - Do **NOT** drink alcohol or take drugs other than the ones your doctors prescribed or suggested.
 - Do **NOT** make important decisions or sign legal papers.

Wound Care

- Call one of the numbers above **right away** if you have:
 - Redness, swelling, or drainage at the incision site
 - Fever higher than 100.4°F (38°C) or chills
 - Any concerns or questions about your wound
- Keep the site clean and dry.
- Remove your dressing (bandage) within 24 to 48 hours after your surgery, if it is not removed while you are in the hospital.
- Do not put lotion or powder on your incision until it is **fully** healed.
- Avoid touching the area over or around your ICD. Do not poke or twist your ICD.
- Your wound was closed with skin glue. You may shower 48 hours after your surgery, but do not soak your incision until it is **fully** healed.
- In the car, add some padding to your seat belt strap if it crosses over your pacemaker implant site. Keep this padding in place until your wound is completely healed.
- **Do not allow anyone to poke or probe your incision** with fingers or instruments before checking with us first. If a healthcare provider feels this needs to be done to provide your care, have them **call the EP doctor before** doing this type of exam or procedure.

- We will check your wound 7 to 14 days after your surgery. It is **very** important that you keep this appointment and all your follow-up appointments.

See the appointment page your nurse gave you for the dates and times of your follow-up appointments.

Activity Restrictions

Short-term

- If you have travel plans in the first 2 weeks after your surgery, please check with your doctor for instructions.

Long-term

- Follow your doctor's instructions about driving and sexual activity.
- Avoid touching the area over or around your ICD. Do **not** poke or twist your ICD.

When to Call for Help

- Call 911 right away if you have:
 - A shock from your device **AND** you do not feel well – for example, you feel dizzy, are short of breath, have chest pain, or you passed out.
 - More than 1 shock in a row from your device.
- **If you receive a shock from your device AND you are feeling fine**, call an EP nurse or your Cardiology Clinic weekdays 8 a.m. to 4:30 p.m. (see phone numbers on page 1).
- If you wish to speak to someone after hours or on a weekend or holiday, call 206.598.6190 and ask to page the EP Fellow on call.
- Keep a log of the shocks you receive. It is helpful for us to know:
 - The **number of shocks** you have had
 - **How you felt** before and after each shock
 - The **time of day** you received each shock
 - **What you were doing** when each shock occurred

Special Long-Term Precautions

When You Travel

- Always carry your ICD identification (ID) card.
- If you must pass through a metal detector, hand this ID card to security staff and tell them that you might set off the alarm.
- You may also want to carry a card with the ICD information translated into the language(s) of the country (or countries) you will visit or travel through.
- Although some studies show there are no risks to ICDs from metal detectors, most makers of the devices still suggest being cautious:
 - You may walk through the metal-detection arch, but do not stay inside the arch or lean on the sides of the structure.
 - If a metal-detection hand wand is used, ask security staff to avoid waving or holding it over your ICD. The wand should stay **at least** 6 inches away from your ICD.
 - If you feel dizzy, have fast heartbeats (*palpitations*), or are shocked by your ICD when you are near a metal detector, just move away. Your ICD should begin to work properly right away.
 - Body scanners that are used in some airports and other locations will not have any effect on your ICD.
- Always carry a full list of your current medicines. Include their doses, how often you take them each day, and why you are taking them.
- Always carry your medicines with you in your carry-on bags. Do **not** pack them in your checked luggage.
- Carry phone numbers for your providers in case of emergency.

Magnetic Fields

Magnets or magnetic fields are found in or are created by many items we are around every day. Some of these are:

- Small appliances with motors
- Stereo speakers
- Gas engines
- Cell phones
- Desktop and laptop computers

- Welding machines
- *Magnetic resonance imaging* (MRI) machines

Note: At this time, MRI machines **are not safe** for patients with ICDs to be in or around. **Avoid all MRI exams.**

- CB radios
- Anti-theft devices in stores
- Metal detectors

Most of these items, such as microwaves and blenders, are safe to be close to. But some create magnetic fields that are strong enough to affect how your ICD works.

Some basic advice and precautions for sources of magnetic fields are listed below and on pages 5 and 6. **For more details, contact the maker of your ICD.**

NOTE: These suggestions all assume that the equipment is correctly grounded, in proper working order, and being used for its intended purpose.

Cell Phones

Most cell phones are safe if you:

- Carry your phone **at least** 6 inches (15 centimeters) away from your implant site. Most cell phones keep sending a signal, even when they are not in use.
- Hold it to your ear on the **opposite side** of your ICD.

Electric Toothbrushes

- Keep the toothbrush handle **at least** 1 inch (2.5 centimeters) away from your ICD.
- Keep the toothbrush charger **at least** 6 inches (15 centimeters) away from your ICD.

Engines and Small Motors

- Most small appliances or hand tools with motors are safe to use when the item is grounded, in good condition, and held the correct distance from your body for safe and proper operation.
- Use caution when working on car engines. Keep your upper body **at least** 24 inches (60 centimeters) away from a running car engine.

Radio Transmitters

Radio transmitters such as CB radios, walkie-talkies, and remote-controlled toys may interfere with your ICD. Here are guidelines for distances to keep away from these items:

Watts Generated	Distance to Keep from It
3 watts	12 inches (30 centimeters)
25 to 199 watts	3 feet (1 meter)
200 watts or more	10 feet (3 meters)

If you are unsure about the power output of your radio transmitter, call the maker of the device.

Medical Procedures or Equipment

Be sure the person who is doing your procedure knows you have an ICD. **Never assume everyone involved in your care knows this.** Always tell your providers and healthcare team that you have an ICD. It is always safer to be sure and to remind those involved in your care about your ICD.

These procedures or devices may interfere with your ICD:

- *Electrocautery* (a surgical procedure that uses an electric current to remove unwanted tissue, seal off blood vessels, or create an incision)
- *Lithotripsy* (a procedure that uses shock waves to break up stones in the kidney, bladder, or ureter)
- *Ultrasound* (an imaging method that uses sound waves)
- *Electrolysis* (hair removal)
- *External cardioversion or defibrillation* (a procedure to bring an abnormal heart rhythm back to normal)
- *Magnetic resonance imaging* (MRI) machines
 - At this time, MRI machines **are not safe** for patients with ICDs to be in or around. **You must avoid all MRI exams.**
- Hearing aid with a coil around the neck that detects sounds and sends digital signals to the amplifier
 - **Before** using this type of hearing aid, call your ICD maker.
- *Radiation* therapy (usually used to treat cancer)
- TENS (*transcutaneous electrical nerve stimulation*, a pain-control device)
- Scales that measure body fat

Other Precautions

Many makers of ICDs advise that you also **avoid being around or using these items:**

- Arc welders
- Gas-powered chainsaws
- Induction furnaces such as kilns
- Magnetic (therapy) mattress pads or pillows
- Electric steel furnaces
- Dielectric heaters (heaters that use radiowaves or microwaves)
- Electrical transmissions towers (if you are **inside** a restricted area)
- Jackhammers
- Stun guns

Dental Work

Tell your dentist that you have an ICD. Most times, you do not need to be concerned that any of the devices the dentist uses will interfere with your ICD.

If you did not need antibiotics for dental procedures before your surgery, then you will not need antibiotics now that you have an ICD. If you have questions, please ask your doctor.

Your ICD

This handout covers **only** basic precautions you may need to take with your ICD. Each device may have special precautions to consider.

If you have any questions about what might cause problems for your ICD, please contact the maker for more specific information about your newly implanted device. Here is contact information for the companies that make subcutaneous ICDs:

Abbott

www.sjm.com
818.362.6822
800.681.9293

Biotronik

www.biotronikusa.com
800.547.0394

Guidant/Boston Scientific

www.guidant.com
866.GUIDANT (866.484.3268)
www.bostonscientific.com
888.272.1001

Medtronic

www.medtronic.com
800.551.5544
800.328.2518

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **For general questions**
weekdays 8 a.m. to 5 p.m.:
 - Montlake patients: call 206.598.4300
 - Northwest patients: call 206.363.1004
- **For questions related to your procedure** weekdays 6:30 a.m. to 8 p.m.:
 - Montlake patients: call 206.598.7146
 - Northwest patients: call 206.668.1084Ask to talk with a nurse.
- **For urgent concerns related to your procedure**, or if it is after hours or on a weekend or holiday: call 206.598.6190 and ask to page the Cardiology E Fellow on call.