



Post Generator Implant

Please remember now that you have a new device you will need regular follow-ups and pacemaker/ICD follow-ups to manage your device. These regular follow-ups include remote interrogations and 1 office check a year.

You will need a wound check in 2 weeks. You will also need a device clinic visit in approximately 3 months. If this did not get set up for you please call the office and make your appointments.

Home Instructions:

Activity

- Avoid vigorous arm movement for 2 weeks.
- You may gradually resume your regular routine with the following exception – if you are active in sports you will be asked not to participate for 2 weeks. This includes bowling and golf.

Wound Care

- Do not get the incision wet for 2 days.
- Pat the area dry to avoid dislodging the generator and wires (do not rub the area vigorously).
- Do not remove the steri-strips if you have them. These usually loosen and fall off within a couple of weeks.
- Patients with a clear dressing – do not remove.
- The nurse will look at the incision at your 2 week follow-up.
- For patients with surgical glue, you may remove the dressing and shower in 48 hours. Do not soak in tub or go swimming for 3 weeks.

Report to Nurse:

- Call the office if you have:
 - Increased swelling, redness or drainage of wound.
 - Increased pain, chills, and fevers greater than 100 degrees.
 - Feelings similar to those experienced prior to device implant.

Special Instructions:

- If you have been driving, please check with your physician for specific restrictions based on your personal medical history. Driving is generally restricted for about 2 weeks.
- If you have had syncope (fainting or passing out) or a shock from your ICD, you may be advised to not drive or operate heavy equipment for at least 6 months after that event.
- MRI/MRA – these tests use high-powered magnets and cannot be performed in patients with pacemaker/defibrillators although with certain devices and with certain protocols MRI can be obtained.
- If you are scheduled for surgery, always remind your surgeon that you have a pacemaker/ICD.
- You may safely use a microwave.
- ARC welding is prohibited for anyone who has a pacemaker/ICD.
- Please call the office if your ICD fires. It is important to interrogate the device any time it fires. If you have had a single discharge and feel fine, you can call the office the next morning or Monday if it is a weekend.
- If you have 2 or more discharges from your ICD in 24 hours, you will need to go to the ER.
- If you are having symptoms (like fainting or nearly fainting) and your ICD has fired, you will need to go to the ER.

Please call the office if you have any questions or concerns at 804.288.4827.