

What do I do if I get a shock from my ICD?

If you receive **one shock** from your device, then sit down and relax. If you feel back to normal after about 5 minutes, then just take it easy the rest of the day.

If you receive **three or more shocks** from your device in 24 hours, then call 911 for transportation to the closest emergency room. They will evaluate your status and call Dr. Porterfield. You will then probably be transported by ambulance to the Methodist Central Hospital for further evaluation and probably a change of medication.

If the patient has a shock from the device and remains unconscious, then CPR should be initiated and 911 called for assistance and transportation to the closest hospital.

Can my medicine be altered?

Antiarrhythmic medications should **not** be altered without a plan for testing the device on the new medication. Contact Arrhythmia Consultants for any questions concerning your medications.

Can I use a microwave?

This is the most commonly asked question about ICD's. Since the mid 1980's there has been no problem with ICD's and microwave ovens. The manufactures of both devices have changed their construction to prevent problems.

Can I use a cell phone?

Cell phones do have the ability to interfere with ICD's but only if the phone is placed directly over the device. If the phone is used on the opposite side from the device, then there should be no problem.

Will airport (department store) security affect my ICD?

Walking through the metal detector will not affect your ICD. However, the hand held wand could affect your device if it were held over your ICD for several seconds. Just sweeping it over the pacer will not be a problem. Have your ICD identification card handy to prove you have an ICD.

How soon can I drive after my ICD?

If you have power steering and an automatic transmission, then you can drive 3 days after your surgery. Driving any vehicle requiring more strength and agility will have to be cleared by your physician.

When can I take a bath?

Bathing is permitted 3 days after surgery unless otherwise specified.

How long do I wear the sling?

If you had a new pacing lead implanted, then the upper arm should be restrained for 2 weeks.

How active can I be after surgery?

Walk as much as you want the day after surgery.
Do not raise your hand (on the side of surgery) above your shoulder for 2 weeks.
No heavy exertion on the involved side for 1 month after surgery.

When does the dressing come off?

Three days after surgery.

When can I take the Stiri-Strips off?

Two weeks after surgery.

When can I have my surgical staples removed?

Two weeks after surgery.

How often does my ICD have to be checked?

Usually 3 months after initial implant, then every 6 months.