

Implantable Cardioverter Defibrillator (ICD) Discharge Advice

Contact Numbers

Taw Ward	01392 402836 (24 hrs)
CCU.....	01392 402837 (24 hrs)
Cardiac Physiologists	9am-5pm Monday-Friday
.....	01392 408350 (RDE)
.....	01271 322475 (NDDH)

Email

RDE	rduh.exetercardiacdevices@nhs.net
NDDH.....	rduh.cardiology-northern@nhs.net

Wound

- The dressing on your wound needs to stay on for 7 days. You can shower or bath, but keep the wound area as dry as possible, gently pat it dry if it gets a little splashed
- You will have been given some spare dressings to use if needed
 - Staples have been used to close the wound, these need to be removed 7 days after the procedure. Please make an appointment with your practice nurse or GP to arrange this
 - Dissolvable stitches have been used. Leave the dressing on for 1 week before removing and then gently clean the area
 - Glue does not require a dressing. Keep the area dry for 10 days. The glue should naturally peel away during this time
- If you have any pain/discomfort from the wound take Paracetamol or your normal painkillers as required
- **Do not lift your arm** on the side of the ICD above shoulder level until after your first check. Use it normally apart from this. (This does not apply if you have had an ICD battery replacement)
- Take it easy for 2 weeks, **do not do any heavy lifting or strenuous exercise** until you are seen at your 6 week ICD check. (For battery replacements you can get back to normal activities after 2 weeks)
- Should you experience any palpitations, light headedness, dizziness or breathlessness, contact your GP
- If you have any queries or worries please contact Taw Ward or the Cardiac Physiologists. (Numbers on front page).

- You will have an ID card – please carry this with you at all times, in the UK or abroad

If your ICD activates or you think you may have had a shock but feel well

- Contact the Cardiac Physiologists during office hours (numbers on front page) as you will need to have the device checked

If you have 2 or more shocks, or feel unwell after or despite 1 shock

- Dial 999, if appropriate, or make your way to the Emergency Department who will arrange for a Cardiac Physiologist to check your device

Patients that live out of area of the RD&E

- Your ICD details will automatically be transferred to your local centre, they will advise you on your next follow-up check

Driving:

- You must inform DVLA and your insurance company that you that you have had an ICD implanted.

DVLA require you not to drive for:

- one month after your procedure
- six months after your procedure
- If you have had a device/battery replacement you can drive after 1 week
- If you have had a **lead reposition** or changes made to the medication for your heart rhythm you must not drive for **1 month**
- If you have had an **appropriate shock** you must not drive for at least **6 months and must inform the DVLA**

Please note, this guidance only applies to Group 1 Car and Motorcycle licences. If you have a Group 2 Bus and Lorry license, you must also inform the DVLA and your licence will be revoked permanently. If in any uncertainty, please refer to the DVLA.

Follow-up checks & Remote monitoring

- You will have a face to face follow-up appointment six weeks after a new ICD implant or a battery change.
- You will have been given information about having a remote monitor for your ICD. This information explains specific details about how you will be remotely monitored and any steps you need to take.
- The data from your ICD is sent securely to a website. This is reviewed by the Cardiac Physiologists
- Data will automatically be sent for review if:
 - Any of the automatic checks go out of range
 - If your device records any irregularities of your heart rhythm or you receive a shock
- The information is transferred automatically, usually at night.
- The physiologists work office hours (9am – 5pm) Monday-Friday, any data that is sent by your ICD out of hours will be looked at the next working day
- **IMPORTANT:** The remote monitoring service is not an emergency service. If you feel acutely unwell, please dial 111 or 999 as appropriate.

Q & As

'Is there anything that will interfere with my ICD?'

- Household appliances such as microwaves, toasters, electric razors, electric blankets, computers and using broadband wi-fi will not interfere with your ICD as long as they are in good working order
- Induction hobs – keep a minimum distance of 30cm away from the implanted device to avoid interference
- Mobile phones may affect the ICD if held within 6 inches of the device, it is suggested that you hold the handset over the ear

opposite to the site of the ICD and do not store it in a coat or shirt pocket over the ICD

- Equipment that emits a strong electromagnetic field should be avoided. It will not damage your ICD but may temporarily interfere with its function, or cause you to have a shock when not needed. E.g. Arc Welding

'Can I travel abroad?'

- Yes. You may set off the airport security device when walking through the arch, but if done briskly will not damage your ICD. Before walking through the arch inform the security team that you have an ICD implanted and show them your ID card.

Further questions

please contact the Cardiac Physiologists, or write them down and bring along to your first follow-up clinic

Your notes

First appointment date and time.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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