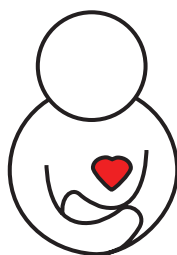


The Prince Charles Hospital
Metro North Hospital and Health Service

Electrophysiology (EP) Laboratory



Discharge information for Implantable Cardioverter Defibrillator (ICD)

The Prince Charles Hospital
Rode Road
Chermside, QLD, 4032
Ph: (07) 3139 4000



Dressing

Leave the dressing on for seven days.

See your local doctor for removal of the dressing and to check the wound has fully healed.

Infection

Infection is a serious complication that can occur following ICD implantation. Report the following signs and symptoms to your local doctor or hospital, immediately:

- redness and swelling at the ICD site
- ICD site hot to touch
- fever
- wound ooze (which may be smelly)
- wound not healing
- bleeding

Your doctor should contact the staff at The Prince Charles Hospital for further advice on (07) 3139 4111. Ask for the Cardiology Registrar. Alternatively, the EP & Pacing Coordinator can be contacted Monday - Friday from 8 am - 4.30 pm on (07) 3139 5243.

Restriction on movement

For two weeks after the procedure, do not lift your hand on the implant side any higher than your head. This is important as it allows the implanted leads time to 'knit' into the tissue in your heart. Sporting and/or vigorous activities involving the use of the arm on the implant side should not be commenced for six weeks.

Pain relief

Some simple pain relief such as paracetamol (not aspirin) can be taken as directed to help relieve this.

Electrical equipment

Your household electrical equipment is safe to use.

Precautions need to be taken when using home handyman equipment.

You must not weld or perform car engine maintenance.

Mobile phones

Mobile phones and cordless phones should be used on the opposite side of the implant.

Do not place your mobile phone in any pocket that sits over the ICD site.

Metal detectors

Brisbane Airport Corporation (BAC) asks that you DO NOT go through the metal detector at airport security. BAC asks that you approach security and inform them that you have an ICD. BAC policy is that security will take you aside and pat you down.

Electronic Article Surveillance units (EAS)

It is safe to go through EAS at airports, shopping centres and libraries. Walk straight through and do not linger between the beams.

MedicAlert bracelets and necklaces

Patients may request a MedicAlert brochure. Ask your GP to complete the relevant section and then mail it to the company. The mailing address is shown inside the front cover in the top left corner.

Appointment and identity card

An ID card and an appointment to attend the ICD clinic in three months time, will be posted to the address you have provided us. Keep the card in your wallet or purse.

DO NOT FORGET TO ATTEND YOUR ICD CLINIC APPOINTMENTS, as this is where the battery life of your device is checked. The device is also checked to see if you have had any events where the ICD has needed to deliver therapy to shock your heart. If you need to change the ICD appointment, ring (07) 3139 4248.

Driving and operating heavy machinery

The Australian Transport Department and Queensland Transport have restrictions for individuals who have implanted devices. Ask your doctor for information about driving or riding a vehicle.

“If you continue to drive despite your doctor’s advice and you do not report your condition to the Driver Licensing Authority, you are not fulfilling your legal responsibility.

If you are involved in a crash under these circumstances and it is found that your health condition was a contributing factor, you may be prosecuted and your insurance may not be valid.”

(www.austroads.com.au/aftd/downloads/fitness2dfactsheet1.pdf/2006)

continued overleaf





Informing other medical/allied health staff

Be sure to inform all members of your health care team, such as doctors, dentists, physiotherapists, etc. that you have an ICD implanted.

Returning to normal activities

It is important to return to a normal life as soon as possible.

You may feel tired and washed out for a few days after the procedure. This is a normal feeling and is usually attributed to the procedure itself and the medication used.

Note that the ICD has been implanted for a specific medical condition. It will not prevent you having other medical problems.

What to do if the ICD gives therapy (Shock)

If you recover quickly and feel well, simply return to your normal activities.

Record the date, time and what you were doing and bring this information to your next ICD clinic appointment.

If you continue to receive multiple therapies (shocks), have continuing palpitations, or you feel generally unwell, you should seek medical advice at your local doctor or hospital.

The Emergency phone number is **000**.

If you receive multiple therapies (shocks), you should also contact the EP & Pacing Coordinator to arrange for an early clinic visit.

Advice for relatives/friends/carers

If you are present when your relative/friend receives therapy (shock) from their ICD, note how long it takes them to recover.

If they remain unconscious for longer than 30 seconds, phone an ambulance (Dial 000) and commence cardiopulmonary resuscitation (CPR).

Your local ambulance service, Red Cross or St John Ambulance conducts CPR courses in the community. Contact your local branch to enquire about obtaining a CPR certificate.

If you have any concerns or questions about your ICD, please contact the EP & Pacing Coordinator on (07) 3139 5243 during office hours.

Monday to Friday 8 am - 4.30 pm.