

# AICD & Pacemaker Hospital Discharge Instructions

## Follow-up Appointment:

If you have not already done so, please schedule a follow-up appointment in the device clinic for a wound check 10 days after your AICD/Pacemaker insertion date. Call our office at (269)985-1000, option 0, to schedule. You will have periodic checkups to make sure your device is functioning properly.

## Activity:

1. Please utilize the arm sling for 48 hours if you're a patient of Dr. Arora, Dr. Chiu, or Dr. Pow, and for 96 hours if you're a patient of Dr. Kuhnlein.
2. Limit stair climbing for 24 hours, no strenuous activity or excessive bending for 24 hours.
3. No lifting more than five pounds for 24 hours.
4. Do not lift or carry things that weigh more than 10 pounds for four weeks.
5. Avoid stretching the arm, on the side of your AICD/Pacemaker insertions, over your head for four weeks. This will allow for healing and will prevent pulling the leads out of place. Do use the arm normally in all other ways to prevent stiffness.
6. Avoid contact sports or doing things that could result in being hit at the implant site, such as firing a gun against the shoulder on the side of the implant.
7. Do not drive a car or any other vehicle, until you have had your 10 day follow-up.
8. Sexual Activity: The amount of energy it takes to have sexual relations with partner is similar to walking briskly for about a half mile, or walking up two flights of stairs. If you cannot complete these activities without becoming short of breath or extremely fatigued you may need more recovery time before you resume sexual activities. If this is the case, discuss this with your physician at your next follow-up appointment.
9. No other activity restrictions other than the above.

## Wound Care:

1. Some skin discoloration and mild tenderness over the site is normal. Bruising will gradually fade within one to two weeks.
2. Please check your incision daily and report to your physician any of the following signs and symptoms of infections: increased drainage, swelling, redness, pain, a bruise that increases in size or does not go away, separation of the stitches, chills, or a fever of 100 degrees or higher.
3. Keep you incision clean and dry.
4. If you are a patient of Dr. Arora, Dr. Chiu, or Dr. Pow your dressing may be gently removed the morning after the procedure. You may shower after 24 hours, no bathing for three days. After showering, gently pat dry and paint with Chloraprep swabs.  
If you are a patient of Dr. Kuhnlein your dressing may be gently removed after 48 hours. You may shower after 48 hours, no bathing for three days. After showering, gently pat dry, paint with Chloraprep and cover with a sterile dressing/dry 4 x 4 and skin tape.
5. If you see a suture sticking out of your incision, have you physician remove it. Do not remove it yourself.
6. Avoid applying powders, creams, or ointments unless instructed to do so.
7. Avoid constricting clothing or anything that would rub against your incision, i.e. suspenders, belts, or bras.

**Your Physician Should Be Notified If:**

1. For AICD implant patients only: If you receive a shock and feel okay, call the office at (269)985-1000 and press 0 to speak with a staff member. If you receive a shock and do not feel okay, call for an ambulance (911) or have someone drive you to the nearest emergency room. DO NOT DRIVE YOURSELF. If you receive more than one shock within several days you need to be seen by the physician.
2. You experience new or persistent symptoms similar to those experienced before the AICD/Pacemaker insertion.
3. You experience bleeding. If there is a large amount of bleeding, lie down, apply direct pressure to the site and call 911. Also see #1 above under Wound Care.
4. You see blood in your urine or black tarry stools.
5. You experience any of the sign and symptoms of infections listed above under Wound Care.
6. You are planning to travel, move or have surgery or dental work.

**Helpful Hints:**

1. Be sure to take all of your medications as ordered.
  2. Carry your manufacturer ID card with you at all times. You will receive a temporary card while at the hospital; the device manufacturing company will send you a permanent card in approximately 1-2 months.
  3. Inform all health care providers and your dentist that you have an AICD/Pacemaker implant. You need to avoid MRI testing.
  4. A microwave oven will not interfere with your device. Tell airport security that you have an AICD/Pacemaker, because you cannot go through security gate checkpoints. Keep cellular phones at least 6 inches away from the AICD/Pacemaker implant. Hold it to the ear opposite the side of the implant.
  5. If you have an AICD and someone is touching you when your AICD fires, they will feel a slight shock. This will not harm them.
  6. For pain, you may take Tylenol or Acetaminophen as ordered.
  7. Get involved with your local support group, it helps! For more information call Vicki Buck, M.A., and Cardiac Educator at (269)983-8869.
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- For Smoking Cessation class please call (269)927-5130 to register.
  - For Basic CPR, Cardiac Rehab, Diet & Nutrition, and Lipid Lowering workshops please call Vicki Buck at (269)983-8869, Lakeland Regional Health System Cardiology Education to register.