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PACEMAKER/IMPLANTABLE CARDIAC DEFIBRILLATOR (ICD) INSTRUCTIONS

Scheduled Procedure: Pacemaker Implantable Cardiac Defibrillator

Date of Procedure: _____ **Time:** _____ **A.M.**

Physician Scheduling Procedure: Dr. Amin Farah Dr. Douglas Segal
 Dr. Jamie Weiss Dr. Thomas Brodie

Location of Procedure: Saint Francis Medical Center PIH Health Downey Hospital

Pre-Procedure Instructions:

- ❖ Please arrange to have someone drive you to the hospital and home after the procedure as driving is typically limited for at least 1 week after device implantation **You cannot drive after the procedure.**
- ❖ DO NOT EAT OR DRINK anything AFTER MIDNIGHT the night before the test.
- ❖ Please arrive at the hospital “fasting” (nothing to eat) from the previous midnight
- ❖ You may take your morning medications with a small sip of water
- ❖ If you have been instructed to have blood drawn, please do not forget (you may be instructed to have this done several days before your procedure)
- ❖ Please make sure you have consulted with your physician if you are on a *blood thinner* or *insulin* for diabetes. For most procedures, your *blood thinner* will be stopped 2 days prior. **If you take Coumadin (warfarin) and/or Aspirin then you will stop 7 days prior.**
- ❖ If you have not received a phone call from the hospital or our office by the day before the procedure to let you know what time to arrive, please call us.
- ❖ If you develop a cold or are sick, please consult your physician immediately as we may need to postpone your procedure.

The Day of the Procedure

- ❖ Please arrive at the prespecified time to allow adequate time for hospital registration and check-in; please call if you will be late.
- ❖ Bring your referral with you to the hospital. Bring your medications (or a list) to the hospital.
- ❖ Please bring any additional documents your physician has requested.
- ❖ Reconfirm with your physician regarding your specific instructions with *coumadin* and *insulin* if you have diabetes.
- ❖ Please do not wear contact lenses

- ❖ If you can avoid, please do not wear or bring jewelry, watches, or money the day of your procedure
- ❖ Feel free to bring your own toothbrush, bathrobe, hairbrush, and accessories for your overnight hospital stay
- ❖ Your physician will discuss the procedure again with you that morning. Please bring a list of questions if you have any after your office discussion. You will also be asked to sign an informed consent that morning.
- ❖ After the procedure, you will have an arm sling for typically 24 hours.
- ❖ Expect an overnight hospital stay, with a morning exam to ensure the device and incision site are appropriate.
- ❖ Please arrange to have someone drive you to the hospital and home after the procedure as driving is typically limited for at least 1 week after device implantation

Discharge Instructions and Care

- ❖ Your doctor will discuss specific individualized recommendations on your discharge care. The following are general recommendations:
- ❖ Once daily dry dressing changes to the incision site. Wash your hands, take off the old dressing, and then cover the incision with a new folded 4X4 gauze and paper-tape. If you have steri-strips, please do not remove them. These steri-strips will be removed at your post-device 1 week follow-up wound check appointment.
- ❖ You may be asked to keep the incision site dry for the week following implantation (you may shower, but need to keep the affected site dry).
- ❖ Typically driving is discouraged for at least 1 week or longer after the device is implanted
- ❖ Limit heavy lifting with the involved arm for at least 4 weeks
- ❖ Extreme motion with the involved arm (above the shoulder) should be avoided for 4-6 weeks after device implantation (this includes activities such as swimming and golf); this could result in lead dislodgement.
- ❖ You will need to return to the clinic in 1 week after device implantation to check the healing of the incision site.
- ❖ You can return to normal activities within several days
- ❖ Speak to your physician regarding your medications after device implantation, including when to resume blood thinner.
- ❖ Expect 3-5 days of outpatient oral antibiotics after device implantation
- ❖ Notify your doctor if you have any bleeding, swelling, discharge, fever, shortness of breath, extreme discomfort or for any other concerns about the procedure site.

Locations:

- ❖ Saint Francis Medical Center: 3630 east Imperial Highway, Lynwood, CA 90262
- ❖ PIH Health Downey Hospital: 11500 Brookshire Ave, Downey, CA 90241

Thank you for your time and cooperation.