

## Pre-Procedure Implantable Cardioverter Defibrillator (ICD) Instruction and Education

**Date of Procedure:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Your doctor has recommended an ICD (Implantable Cardioverter Defibrillator) as the next step in your care plan. An ICD is a small device placed under the skin, usually just below the collarbone. The ICD monitors your heart rhythm and can deliver electrical therapy if it detects dangerous arrhythmias (abnormal heart rhythms) that could lead to sudden cardiac arrest.

### This procedure is done to:

- ◇ Prevent sudden cardiac arrest in patients at risk.
- ◇ Treat life-threatening fast heart rhythms (ventricular tachycardia or fibrillation).
- ◇ Support your heart's rhythm to maintain safe and effective circulation.

### What to expect:

- ◇ The procedure typically lasts 1–2 hours.
- ◇ You will receive local anesthesia at the implant site along with sedation medication to help you relax.
- ◇ A small incision will be made in your upper chest, and the ICD leads will be guided into your heart through a vein.
- ◇ The ICD will then be placed under the skin and connected to the leads.
- ◇ You will be monitored in recovery for a few hours post procedure.
- ◇ A chest X-ray will be done prior to discharge to confirm ICD placement and lead position
- ◇ A representative from the ICD company will check your device, provide you with a booklet containing information about your ICD, and give you a temporary ID card for your wallet. A permanent ID card will arrive in the mail in approximately six weeks

Medical Device ID		Boston Scientific	
Implanted Cardiac Rhythm Patient			
Patient: Patient Name			
Physician: Following Physician/Clinic Name			
Physician Telephone: Follower Phone			
MFG	Product	Model/Serial	Implant Dt

Implanted Cardiac Rhythm Management Patient	
Contact physician for medical questions or emergency www.bostonscientific.com	
<b>For Patients</b> 866.484.3268 (USA) 001.631.582.4000 (Outside USA) <a href="https://www.bostonscientific.com/patients">https://www.bostonscientific.com/patients</a>	<b>For Security Personnel</b> Magnetic security wands may adversely affect device's function. Do not place wand over device.
<b>For Medical Personnel</b> 1.800.227.3422 or 631.582.4000	
<b>MRI</b> - For questions regarding MRI device compatibility, see the Boston Scientific website at <a href="http://www.bostonscientific.com/imageready">www.bostonscientific.com/imageready</a>	
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### Before the Procedure

A nurse from Orion Heart and Vascular Surgical Center will call you before your procedure to review your medical history and answer any questions you may have.

### Fasting:

- ◇ You may eat a light meal 6 hours before your procedure and have clear liquids up to 2 hours before your procedure.

### Medications:

- ◇ Continue taking your medications unless instructed otherwise by your physician.
- ◇ If you take blood thinners (e.g., Coumadin/warfarin, Pradaxa, Eliquis, Xarelto), follow your cardiologist's or primary care provider's specific instructions.
- ◇ If you are taking a GLP-1 medication (such as Ozempic, Wegovy, Mounjaro, Rybelsus, etc.):
  - Injections: stop 7 days before your procedure
  - Oral tablets: hold day of your procedure
- ◇ On the morning of your procedure
  - You may take your usual blood pressure, thyroid, and seizure medications.
  - Hold insulin on the morning of the procedure, as you will not be eating and taking it could cause your blood sugar to drop too low.

- ◇ If you were prescribed antibiotics before the procedure, please fill in the prescription and take as directed
- ◇ Please bring a current list of your medications, including dosages, to your appointment.

**Allergies:**

- ◇ Inform staff if you are allergic to contrast dye, iodine, shellfish, or latex

**Bathing and Skin Preparation**

- ◇ Shower the night before and the morning of the procedure using antibacterial soap.
- ◇ Avoid applying lotions, powders, oils, or perfumes to your chest or upper body area.
- ◇ Do not shave the area razors create small cuts that can be a source of infection. Staff will prep the area on the day of the procedure.

**Clothing and Personal Items**

- ◇ Wear loose, comfortable clothing on the day of your procedure.
- ◇ Do not wear jewelry, makeup, or nail polish. Leave valuables at home.
- ◇ Bring your photo ID, insurance card, and any necessary referral forms.

**Transportation:**

- ◇ You must have a responsible adult to drive you home. You cannot drive or take a taxi or rideshare alone after the procedure.

**Day of the Procedure**

- ◇ In the Preop Area the Orion Heart and Vascular surgery center Nurses will have you change clothes, sign consent, review your health history and medications, and start an IV
- ◇ The implant site will be cleaned and prepared.

**During the Procedure**

- ◇ The procedure usually takes 1–2 hours.
- ◇ You will receive local anesthesia at the implant site and mild sedation to keep you comfortable.
- ◇ A small incision will be made in your upper chest. The ICD leads will be guided into your heart through a vein, and the device will be placed under your skin.
- ◇ Most patients feel pressure but not pain during the procedure.

**After the Procedure**

**Recovery:**

- ◇ You will be monitored for a few hours post procedure
- ◇ A chest X-ray will be done prior to discharge to check the ICD leads and device placement.
- ◇ Bruising, mild swelling, or soreness at the incision site is normal.
- ◇ You may feel tired for 24–48 hours as you recover from sedation.
- ◇ A “bump” under the skin where the ICD is placed is normal.

**Restrictions:**

- ◇ No Driving for 2 weeks
- ◇ Avoid lifting your arm on the side of the implant above shoulder level for at least 2 weeks (this helps the leads heal in place).

- ◇ Do not lift anything heavier than 10 pounds, golf swings, tennis playing, swimming or any other forceful pushing or pulling motions (such as vacuuming) with affected arm for 6 weeks
- ◇ Wear an arm sling constantly for 3 days, then wear only during sleep for 2 weeks.

**Site Care:**

- ◇ Keep the incision site clean and dry for 3 days.
- ◇ You may remove the bulky pressure dressing 3 days after your procedure but leave the clear dressing you will find under.
- ◇ Do not submerge the incision in water (bathtubs, pools, hot tubs) until your doctor says it is safe.
- ◇ Watch for signs of infection: redness, swelling, drainage, warmth, or fever.

**Call Your Doctor Immediately If You Have:**

- ◇ Severe pain, swelling, drainage or bleeding at the site
- ◇ Fever over 101°F
- ◇ Numbness or tingling in the limb
- ◇ Redness with warmth around the site
- ◇ Chest pain, dizziness, or shortness of breath

**Follow-Up**

- ◇ You will need to call the office to schedule a follow-up appointment for **one week** after your procedure. At this visit, your incision site and ICD will be checked.
- ◇ Additional follow-up visits will be necessary at 3 months and 6 months after your ICD implant to assess the device's function.

**Informative Videos**

**ICD: Implantable Cardioverter Defibrillator**

Covers how ICDs work, indications for implantation, and post-operative care.



If you would like more information about ICD's, you may visit the Boston Scientific website using the QR code provided



**We genuinely look forward to your visit and appreciate the trust you're placing in us with your care.  
We're here for you every step of the way.**