



## Leaving the hospital

### Driving

Please arrange for transportation home, it is recommended that you do not drive.

- You should not drive for 24 hours after receiving a loop recorder.
- You should not drive for 1 week after receiving a pacemaker.
- You should not drive for 4 weeks after receiving a defibrillator (ICD or CRT)
- You should not drive for \_\_\_\_\_ as recommend by your physician.

### Device identification card

You will receive a temporary device identification card before you leave the hospital. Keep this card in your wallet.

## Caring for your incision

- Your bandage should remain clean and dry at all times. You can remove your bandage at the end of 3 days.
- Any white strips under original bandage should be removed if present after 7 days.
- You can take a shower and carefully pat your incision dry at the end of 3 days. Do not take a bath until 7 days after your procedure.
- Clean your incision with soap and water only. Do not use Polysporin, creams or ointments.
- Avoid touching your incision as much as possible.



## Medications

- It is very important for you to take all your medications as prescribed.
- If your doctor did not prescribe pain medication, use Tylenol as needed.
- All medications after discharge will be managed by your family doctor. If you have any questions about your medications, please contact your family doctor.

## Activity Guidelines

For any cardiac device with new lead(s) or lead revisions, do not lift, push or pull anything heavier than 10 pounds. Do not raise your arm on the device side of your body above your head for 4 to 6 weeks. No swimming, golfing, vacuuming, shoveling or similar activities.

## Informing your healthcare providers

Please tell your family doctor and other healthcare providers that you have a cardiac device.

**In an emergency please call 911.**

## Follow-up appointments

You will receive a date and time for your follow-up appointment at the Cardiac Rhythm Device Clinic. This information will be given to you at the hospital or sent to you by mail.

## When to call us

### You should call the Cardiac Rhythm Device Clinic:

- If it is 4 weeks after your procedure and you have not received a date and time for your follow-up appointment with the Cardiac Rhythm Device Clinic.
- If you have any redness, swelling, pain, heat or discharge around your incision.
- If you develop a fever.

### For ICDs and pacemakers only

- If you experience jumping, thumping or twitching in your abdomen.
- If you experience beeping or vibrating in your chest.
- If you experience the symptoms you had before your procedure.

### For ICDs only

- Call CRDC if you receive one shock.
- If you feel multiple shocks or feel unwell after a shock, call 911.
- Do not drive after you feel a shock.

### For loop recorders only

- If you have pushed your activator.
- if you experience symptoms similar to pre loop recorder insertion.