

Preparing for Your Implantable Cardiac Device

Follow the directions in this handout to prepare for your implantable cardiac device surgery.

Day Before Surgery

A nurse will call you the day before surgery (or the Friday before a Monday surgery).

The nurse will review your instructions, such as any medicine holds, and your arrival time. If you do not hear from us by 4:30 pm, please call the clinic.

Pre-Surgery Nutrition Shake(s)

Wound healing takes a lot of energy. We suggest drinking Impact® Advanced Recovery or Ensure® Surgery shakes before surgery as it:

- Improves nutrition
- Boosts your immune system
- Reduces risk of wound infection
- Helps heal the body after surgery

You can find these shakes at your local pharmacy, online or the grocery store.

- Please drink 1 carton 2 times per day starting 1 week (7 days) before your surgery.
- If you get a case of 15 cartons, you can drink the last carton when you get home **after** your surgery.
- If you get a case of 10 cartons, drink 1 carton 2 times per day for 5 days before surgery.
- **Do not** drink on the day of your surgery.
- **Do not** drink if you have an allergy to fish (not shellfish) as it contains Omega 3 fatty acids.

- Shakes may taste better chilled or by adding:
 - Flavored syrup
 - Powder
 - Extract
 - Honey
 - Fruit
 - Peanut butter
- If you have diabetes, you should drink ½ of a carton with breakfast, lunch, dinner, and at bedtime.
- Store in the refrigerator with the cap on.

Skin Preparation

Please follow these hygiene instructions prior to your surgery. Call the clinic if you have questions.

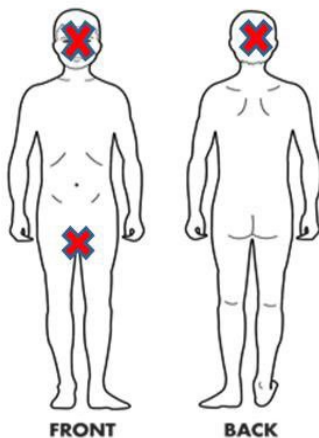
3 Days Before Your Surgery:

- **Do not** shave or wax the area near where you will have surgery.
- Chlorhexidine gluconate (CHG), or Hibiclens, is a soap used to reduce your risk of infection. You can purchase this at your local drug store.

The Night Before Surgery (After 6:00pm)

- Shower or bathe using your normal soap and shampoo. **Do not** shave.
- Turn off or step out of the stream of water.
- Wet a clean washcloth and open the CHG soap. **Do not** apply soap directly to your face, head or genital area.
- Apply CHG soap to a clean washcloth and wash your skin from neck to toe, including your belly button. Cover all skin areas one at a time.

- **Do not** rinse. Apply a second layer of soap with a clean washcloth.
- You should use about half of the soap in the bottle. The rest should be used the morning of your surgery.
- Leave CHG soap on skin for 1 minute (sing happy birthday two times slowly), so it can absorb into your skin.
- Rinse with warm water. **Do not** scrub. Slight contact to the genital area during rinsing is ok.
- Blot your skin dry with a clean towel.
- **Do not** use lotions, creams, powder, perfume or makeup after the shower or bath.
- Dress in clean pajamas and sleep on clean sheets. Please do not have pets sleep in bed with you after the shower.



The Morning of Surgery at Home

- Repeat steps 1 through 9 listed above.
- **Avoid** anything that could make you sweat before surgery. Your skin needs to be clean and ready for surgery.

Important

- Do not use if you are allergic to chlorhexidine gluconate (CHG) or any other ingredient(s) in this soap.
- Use of antibacterial soap (ie Dial) is recommended for patients with an allergy to CHG. If you notice a rash, redness or itching after using the CHG soap, rinse off. **Do not use it again.** When you arrive for surgery, tell your healthcare team about your reaction.
- If you have an ostomy, do not use CHG soap on the skin under your pouching system.

Smoking

Try to stop smoking or cut back.

Smoking has many factors to your surgery. One factor is that smoking delays wound healing. This increases your risk of infection. Being smoke-free for 6 weeks decreases your risk of infection.

Smoking lowers your oxygen levels. Oxygen is needed for wound healing and takes time to build back up in your body. It takes **at least 3 full days** of not smoking to get rid of carbon monoxide.

Carbon monoxide delays healing and increases risks while under anesthesia. Smoking puts you at higher risk of heart disease and stroke.

If you would like help quitting, you can call the free 24/7 Wisconsin Tobacco Quit Line at 1-800-QUITNOW (784-8669), or text "READY" to 34191.

Incision Site

You may have pain and irritation at the incision site(s) if anything rubs or causes pressure such as tight fitted clothing, suspenders, bra straps, seatbelt, etc. Some patients choose to wear a small pad or post-procedure protection pillow for added comfort. These are skin-friendly, comfortable, and easy to use.

When to Call

Call if you have any questions or concerns.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF# 8426