

*OhioHealth Cardiac Device Clinics*

# **PACEMAKER AND ICD DEVICE CARE AND FOLLOW-UP INFORMATION**



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### Device Clinic Mission Statement

Provide expert technical care and management of your implanted cardiac device.

### What is a Device Clinic?

The Device Clinic is a specialized office that helps people who have an implanted cardiac device. The Device Clinic may be at a hospital or an office. Nurses and trained staff work here. They know how to care for people with pacemakers, implantable defibrillators (ICDs), and other implanted heart devices.

Doctors who focus on taking care of your heart (called electrophysiologists and cardiologists) and advanced practice providers help guide your care at the Device Clinic.

### What happens at the Device Clinic?

- + We get data from your device for your provider to review.
- + We might make changes to the settings on your device to help it work better for you.
- + We use a wand or wireless tools to check your device. This is called “interrogation”. This does not hurt.
- + We use a wand or wireless tools to make changes to your device. This is called “programming”. This does not hurt.

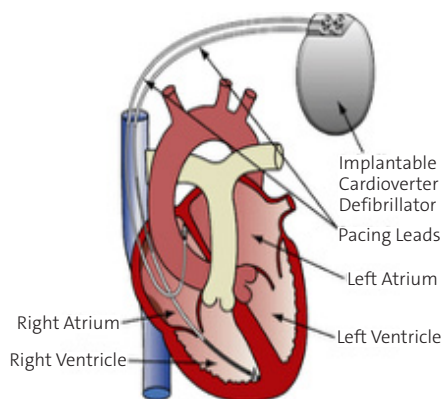


### Your Visits

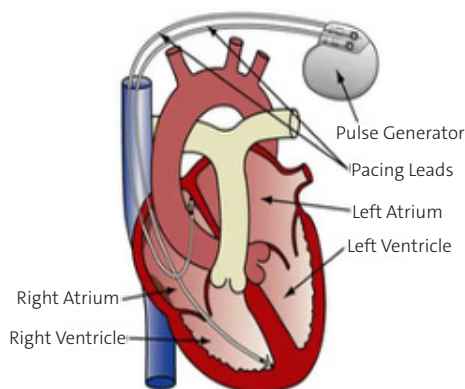
We will see you in the office 1 time each year. You will also have remote check-ins. You do remote check-ins from your home, so you don't have to drive to the office as often.

After your device is put in, you will go to the local Device Clinic in 7 to 14 days. This visit will be for a quick check of your incision (cut) where the device was placed. You will meet the staff and can ask any questions. Please write your questions down and bring them with you so we can help you get answers.

### Implantable Cardioverter Defibrillator



### Pacemaker



## How to Get in Touch with the Device Clinic

### Contact Information:

Device Clinic Location: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

**In an emergency, call 911 for transport to the Emergency Department. The Emergency Department staff can download information from your device.**

### When to Call the Device Clinic

#### Call us if:

- + You have questions about your device
- + The incision (cut) over your device is
  - Red
  - Swollen
  - Painful
  - Warm to the touch
  - Leaking fluid
  - You have a fever  $>101$  **and with one of the symptoms above**
- + You need to change the date/time of your next visit at the Device Clinic.



#### If you have an ICD, call us if:

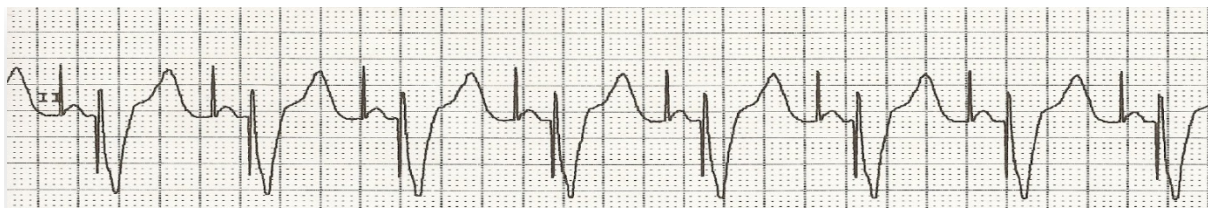
- + You hear or feel an alert from your device.
- + You get a shock from your device.
- + If you get 1 shock and feel okay, call us so we can tell you what to do. The office is open Monday through Friday from 8 AM to 5 PM.

#### Call 911 for transport to the ER if:

- + You do not feel well after 1 shock
- + You get more than 1 shock

### DO NOT DRIVE YOURSELF TO THE HOSPITAL!

### What Your Device Does



#### Pacemaker

A pacemaker is a device placed in your body to help your heart beat. The pacemaker sends a signal to your heart to keep it from slowing.

## Cardiac Device and Follow-Up Information

### ICDs (Implantable Cardiac Defibrillator)

An ICD is a device that can give your heart a shock if a life-threatening heart rhythm starts. Most ICDs also work like a pacemaker to help your heart beat at the right speed.

### Taking Care of Your Incision (Cut)

You will have a check-up 7 to 14 days after you have the cardiac device implanted. The staff will look at how your incision (cut) is healing. The staff will talk to you and your family about how to take care of your device.

Most people have a dressing called Aquacel over the incision (cut). This is to keep the incision (cut) clean and dry. You can only take a shower if the dressing is fully stuck to your skin on all sides. You cannot shower if there are gaps or open areas on the dressing. If your dressing is not completely sealed, you will have to take a sponge bath. Avoid pools, hot tubs or any standing water (lakes and ponds) until scar is formed.

If you don't have the Aquacel dressing, you will have small strips called Steri-strips over your incision (cut). These will be taken off at your 7 to 14 day check-up. You cannot shower until you are seen at the clinic to have the Steri-strips removed. You can only take sponge baths.



### Check your incision (cut) each day. Call the Device Clinic right away if:

- + Your incision (cut) is red
- + Your incision (cut) is swelling
- + Your incision (cut) is draining (fluid coming out)
- + You have a fever of 101°F or higher
- + Your pain gets worse instead of getting better
- + The skin around your incision (cut) feels warm to touch

When we take off your dressing/Steri-Strips off, leave your incision (cut) open to air. DO NOT put a new dressing on it, unless your doctor tells you to.

DO NOT put anything on or near your incision (cut). This means no ointments, powders, or lotions within a half inch of the skin around your incision (cut) until scar is formed.

Wear a clean, loose shirt or blouse. Don't let bra straps or suspenders rub against your incision (cut). Nothing should rub or put pressure on your incision (cut).

You might feel a little sore. You can take acetaminophen (Tylenol) to help with the pain – if not allergic. If the pain gets worse or is hard to handle, call your doctor.

You can use an ice pack to help with pain or swelling. Only use it for the first 24 hours after your device is placed. Put it on for 20 minutes, then take it off for 1 hour. Do not apply ice directly to the skin.

You will get a temporary Device ID Card. This card has important information about your device. Keep it with you at all times. You will get a permanent card in the mail later. Many people keep it with their driver's license. The card can be shown to airport security and emergency room staff

### Standard for Device Follow-Up Care

**At OhioHealth, we keep the patient at the center of everything we do. Our Device Clinics follow national guidelines for follow-up care and visits. When you do not follow these guidelines, we cannot monitor your device the right way. This can affect your care in a major way. Please call the OhioHealth Device Clinic (main location) at (614) 788-2192 if you have any questions or concerns about being able to follow these steps.**

- + Remote monitoring
- + Yearly in clinic device check
- + Yearly provider office visit

### Phone App vs. Remote Monitor

At OPG H&V Device Clinics, we follow the industry standard for checking your device. The standard is to use remote monitoring on a regular basis to keep track of your device.

Based on the brand of your device, you may have 2 options:

#### 1. Phone App (on your smartphone)

- + If you have a smartphone, using the app might be your best choice.
- + The app must ALWAYS be running on your phone (it can run in the background).
- + You need to make sure your Bluetooth setting is ALWAYS turned ON.
- + The app helps your device send reports and get reports.

#### 2. Remote Monitor (Home Device)

- + If you don't have a smartphone, you'll get a remote monitor from the vendor.
- + It will be set up to work with your device before it is sent to you.
- + Plug it in and keep it plugged in all the time—most people plug it in by their bed. It must be plugged in to send and get reports.
- + If the power goes out, unplug the monitor for 5 seconds, then plug it back in. It will reset and start working again.

### Arm Restrictions the First full 6 Weeks after Surgery

Things to know **about the arm that is on the same side as your device:**

- + DO NOT lift, pull, or push more than 10 pounds with that arm.
- + Be careful if you use that arm to push your body up from a bed or chair.
- + Be careful as you put the weight of your body on that arm while using a cane or walker.
- + DO NOT lift that arm above your head. Your elbow needs to stay below your shoulder.
- + DO NOT put that arm behind your back.
- + DO NOT do fast or repeat arm movements, like swimming, pulling a lawn mower cord, or swinging a golf club.
- + Keep using that arm gently so it does not get stiff or “frozen.”

### **Safety Tips for Living with Your Device – Life Long Restrictions (after 6 weeks)**

DO NOT keep your cell phone in a shirt pocket that is on the same side as your device. You can use a Bluetooth speakerphone or a Bluetooth earpiece instead.

If you wear an ID badge holder that uses a magnet, clip it on the other side of your body away from your device.

Microwaves and computers are grounded. They will not harm your device. You can use battery-powered tools (like a drill).

If you have an ICD, do not use large power tools that sit on a table, like a table saw.

No heavy lifting with the arm on the side of your device. Do not lift more than 50 pounds with that arm or more than 100 pounds with both arms.

Be careful around ungrounded pools and electrical equipment.

Do not place the butt of a rifle or shotgun on the same side as your device. The strong kickback could hurt the place where the device is or affect the device.

You need to check with the Device Clinic before you have an MRI. We need to make sure your device and leads are safe to go in an MRI. Most of the time, the MRI team will contact your device clinic.

You can have Ultrasounds, X-rays, and CT scans.

#### **At the airport**

- + Airport metal detectors may beep when you walk through, but they won't harm your device.
- + Show your Device ID Card to airport security/TSA.
- + Full-body scanners are safe.
- + Some airports have a "Pacemaker Line" where they scan you by hand

Your device can be affected by strong magnets/magnetic fields. Here's what to avoid:

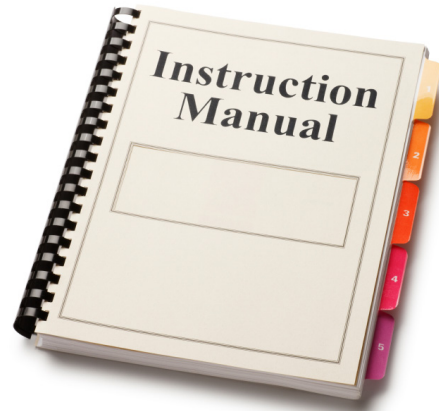
- + Industrial machines like welders and generators
- + Leaning over/Working on a running car engine
- + Standing too long near anti-theft devices at store doors



### Helpful Resources

Don't forget about the booklet you got when your device was put in. It has lots of good information, including phone numbers and email addresses for the device company.

You can find more videos and education from OhioHealth in your MyChart Education Library at [MyChart.OhioHealth.com](https://mychart.ohiohealth.com).



### Need Help? Call Your Device Company

Here are the phone numbers and websites for help with your remote monitor:

#### Abbott (Merlin)

1-877-696-3754

Website: [cardiovascular.abbott/us/en/patients](https://cardiovascular.abbott/us/en/patients)

#### Biotronik (CardioMessenger Smart)

1-800-547-0394

Website: [biotronik.com/patients](https://biotronik.com/patients)

#### Boston Scientific (Latitude)

1-866-484-3268

Website: [bostonscientific.com/mylatitude](https://bostonscientific.com/mylatitude)

#### Medtronic (Carelink)

1-866-867-3092

Website: [mycarelinkconnect.com](https://mycarelinkconnect.com)

### Lifelong Device Follow-Up Care

We want to make sure your care is the best it can be. When you have a device placed in your body, you must have regular check-ups. We check your device settings and look at the data stored in your device. We need to make sure that your device and leads are working the right way. We need to be able to make changes that make your device work better for you if needed. We do these things at your yearly visit to the Device Clinic and by using remote monitoring. **We cannot do any of these things if you do not go to your yearly visit and do the remote monitoring. Your life depends on this!**

**You may need more device clinic visits. Device staff will contact you if these are needed.**

We will help you set up remote monitoring so your device can send information to the clinic from your home. OhioHealth follows national guidelines for device follow-up.

**If you ever feel something is wrong or have concerns about your device, call your OhioHealth Device Clinic @ (614) 788-2192.**

In an emergency, **call 911** right away to be transported to the ER.

When you come to the Device Clinic, the staff will tell you when your next device check will be.

### Getting Started with Remote Check in from Home

- + Plug your remote monitor in 6 to 10 feet from where you sleep.
- + Don't put it on a metal surface.
- + Keep plugged in AT ALL TIMES
- + Check your remote monitor anytime your power goes out
- + Read the instructions that come with the monitor.
- + Your monitor has been set up to send a remote check to the Device Clinic.
- + The clinic will look at your device data. We will only call you if there is a problem. Remember: No news is good news!
- + DO NOT press any buttons on the monitor unless we tell you to do so.

You will have remote checks every 1 to 3 months (this varies by device). We can do this as long as your remote monitor or phone app is connected. You must pick 1 of these options.

If we don't get your update, we will reach out to you. We will need you to check your remote connection and troubleshoot problems. You might need to call the device company for help.

### Battery Life of Your Device

The battery in your device is checked at every clinic visit and during remote checks. This helps you make sure your device is working the right way to support the life of the battery.

#### Things that affect how long the battery will last:

- + How your device is set up.
- + How often your device sends signals or gives shocks.
- + How well the leads function.



### What to Do When Your Device Battery Is Getting Low (About 1 Year of Battery Life Left)

#### For ICDs (Implantable Cardioverter Defibrillators):

- + Most ICDs will make a sound or vibrate when the device battery is getting low and the device needs to be replaced.
- + At your yearly Device Clinic visit, the staff will tell you how much device battery life is left. We will talk about the plan for the next year because you may need a new device.
- + When your device battery shows about 1 year left, your device will be checked each month to keep a close eye on it.
- + When the device battery alerts “replacement”, it means you have about 90 days of device battery left.
- + The Device Clinic staff will let your EP doctor know to schedule an outpatient surgery to replace the device.
- + **Your device WILL NOT stop working all of a sudden.**

#### For Pacemakers:

- + At your yearly Device Clinic visit, the staff will tell you how much device battery life is left. We will talk about the plan for the next year because you may need a new generator.
- + When the device battery has 1 year left, your device will be checked each month to keep a close eye on it.
- + We can see the life of your battery during a remote transmission or in-clinic device check. Pacemakers will NOT make a sound or vibrate when the device battery is getting low.
- + When the device battery alerts for “replacement”, it means you have about 90 days of battery left.
- + The Device Clinic staff will let your EP doctor know to schedule an outpatient surgery to replace the device.
- + **Your pacemaker WILL NOT stop working all of a sudden.**

### Comfort Care and End-of-Life Planning

#### For ICDs (Implantable Cardioverter Defibrillators):

- + If you are nearing the end of your life:
  - You, your family, and your doctor may talk about turning off the shock part of your device.
  - The pacemaker part will stay on, but the shocks can be turned off for your comfort.
  - Your doctor can contact the Device Clinic for help with this.

#### For Pacemakers:

- + Pacemakers are usually not turned off at the end of life.
- + You may be able to donate your device after your death if you want. Talk to your Device Clinic if this is something you want to do. Staff will provide a list of resources for you.



### QUESTIONS

# Q & A

### ANSWERS

## After Implant Frequently Asked Questions

### What can I do after getting my device? When can I go back to my normal life?

- + You will need to take it easy for 7 to 10 days after your device is put in to let the incision (cut) heal.
- + We will give you the date/time of your follow-up visit at the Device Clinic before you leave the hospital.
- + We will tell you when you can go back to walking, exercise, sports, and lifting at your follow-up visit.
- + Once the leads in your heart are healed, you might go back to your normal activity. This will be based on how you feel and how your incision (cut) looks.
- + You can go back to work when you feel well. You **MUST** follow the arm movement rules. If you do a lot of lifting, pushing, and pulling on your job, you may have to wait longer. You may need to have light duty until the 6-week restriction period is over. Your provider and case manager will need to complete your return-to-work paperwork if needed.

### When will I follow-up? What will I do at those visits?

At your 7 to 14 day incision check, the Device Clinic will:

- + Go over what you can and cannot do
- + Talk about your follow-up schedule
- + Help you with remote monitoring
- + Answer any questions you have
- + Do your first device check

After that visit, you will have a 3 month appointment for your next device check. The Device Clinic will:

- + Use a wand or wireless tools to check your device and optimize your device if needed.

By then, you'll be set up with a remote monitor at home, so you won't need to come to the clinic as often.

### What if my defibrillator (ICD) gives me a shock?

- + A shock means your device noted a heart rhythm that needed to be treated.
- + **DO NOT DRIVE until you have been seen by a Cardiologist**
- + If you get 1 shock and feel okay, call the Device Clinic during business hours.
- + Call 911 for transport to the ER if:
  - + You do not feel well after 1 shock
  - + You get more than 1 shock

- + The ER can check your device right away. The ER staff can download information from your device. The Device Clinic will NOT see the alert UNTIL the next business day.

### **Can I use a cell phone around my device?**

- + Yes, but use it on the other side of your body away from your device. Landline phones are safe.

### **Can I be around a microwave oven or other appliances?**

- + Yes. Microwaves are well insulated now and will not affect a pacemaker or ICD.

### **Can I be around a microwave oven or other appliances?**

- + It is safe to use devices with small motors. They should be arm's length or 18 inches away from your device.
- + You can use hand held tools like a battery-operated drill. If the tool is so large it must be mounted on a table (like a table saw), you must be more than 18 inches away from the power unit.

If you are not sure if you can use something, check your device manual or call the company. That information is in the booklet you received at the hospital.

### **How does a magnet or magnetic field affect my device?**

- + A pacemaker may send a signal to make your heart beat a little faster. It will go back to normal once you move away. An ICD may stop working temporarily and make a sound. It will return to normal once you move away.

### **Can I have an MRI?**

- + You need to check with the Device Clinic before you have an MRI. We need to make sure your device and leads are safe to go in an MRI.
- + Some new devices have been designed to be "Magnet Resonance Imaging (MRI)" safe. Many labels will include MRI as part of the model number. Both the device and the leads must be "MRI-safe".
- + Older devices and leads may not allow for an MRI.
- + There are other conditions and situations that may prevent you from having an MRI. The Device Team will review your chart when request is received.
- + The MRI team will contact your device clinic for information.

### **Can I have Lithotripsy (to break up kidney or gall stones)?**

- + Yes. In most cases, your device is not near the sound waves used to break up the stones.
- + Sometimes, your device may need a small program change or quick check.
- + Let your Device Clinic know if you are scheduled for lithotripsy.

### **If you have ANY procedures, treatments, or surgery**

- + Please have the provider or care team contact your device clinic before any procedure, treatment, or surgery. They may need more information about your device before they can clear you.

### **Can I use an arc welder or work over car engines?**

- + NO. These give off large magnetic fields which will cause problems with your device.

## Cardiac Device Frequently Asked Questions

### Can I use a TENS or NERVO unit (or something like it) for pain control?

- + NO. These will cause problems with your device. If you use this, or are thinking about using it, for pain control, please let the Device Clinic know.

### Can I use a rifle?

- + Handheld guns are okay. Do not use rifles on the same side as your device. The strong kickback could hurt the place where the device is or affect the device.

### Can I drive?

- + It depends. Guidelines are not the same for people who have a pacemaker and people who have an ICD. There are also driving laws for people with devices.
- + Your cardiologist will decide when you can go back to driving. This is based on why your device was put in and your risk of heart rhythm changes.
- + Commercial driving (CDL) is usually not allowed if you have an ICD. Some states may also limit CDL licenses for people with pacemakers. Talk to your employer and your state's licensing agency if you have questions.

### Do I need to use my seatbelt?

- + Yes. You must follow all state laws. If your seatbelt bothers your device site, you may pad it to keep any pressure off the site. You can buy a "padded seatbelt strap" online.

### Can I use computer, laptop, or iPad?

- + Yes. These are safe to use with your device.

### Can I walk through airport scanners, metal detectors, and anti-theft devices at store doors?

- + Show your Device ID card to TSA before going through security.
- + Avoid walking slowly through metal detectors.
- + Full-body scanners at the airport are safe.
- + Some airports have a "Pacemaker Line" where they scan you by hand.
- + Walk quickly through anti-theft devices at store doors. Don't stand near them.

### Do I need a landline for remote monitoring?

- + Most remote monitors work with cellular networks. You don't need a landline or Wi-Fi.

### What do I do if my device beeps or vibrates?

- + This may mean your device noticed something abnormal.
- + This may mean that you were close to a magnet.
- + This may also mean your generator needs to be replaced.
- + If your remote monitor is connected, the Device Clinic will see the alert by the next morning. If your remote monitor is not connected, the alert will not be sent right away to the Device Clinic.
- + Most alerts are not emergencies. We will look at the alerts as soon as we can. We will contact you and may ask you to come in based on the alert.
- + Call your Device Clinic if you hear or feel anything.

### Do I need to bring my remote monitor to Device Clinic visits?

- + No.

### Do I need to take my remote monitor on vacation?

- + Short trips (1 to 2 weeks): This is option, but OhioHealth Device wants you to maintain your remote connection. Please keep in mind that if your remote connector is left behind, you are not actively being monitored.
- + Long trips (like staying in another state for the winter): Yes, bring it and plug it in like you do at home.
- + **IMPORTANT:** Call the Device Clinic to let them know how to reach you.

### What if the power goes out?

- + When the power comes back on, unplug your monitor for a few minutes, then plug it back in. It should start working again.
- + If you're not sure it's working, call the device company's tech support. The number is on the remote monitor or in the manual you were given at the hospital.

### Are wrist or finger heart rate monitors right all the time?

- + No. These devices may not be right if you have a pacemaker.

### Is it okay if my device moves or I see a wire under my skin?

- + Your device is under your incision (cut). It is secured in place. If you have any questions about the location of your device, please contact your device clinic.
- + Sometimes you might feel or see a lead under the skin near the device.
- + Do not press on or move the device or leads.
- + **If you think the device or lead is coming through your skin, call the Device Clinic right away.**
- + **If you see signs of infection (see page 4), call the Device Clinic right away.**

### What is my follow-up schedule with my Cardiologist or Electrophysiologist?

- + You will have a remote check every 3 months.
- + You will have a yearly device check at the clinic.
- + You will have a yearly visit with your heart doctor or advanced practice provider.
- + You can ask to have both of the yearly visits on the same day. The Device Clinic will try to make that work for you.

### How do I schedule a visit at another Device Clinic location?

- + If you need to go to another Device Clinic location, call the main Device Clinic at (614) 788.2192. They will help you make an appointment.

# OhioHealth Heart and Vascular Physicians Device Clinics

**Clinical Manager - Device: Sharon Marsolf - (614) 788-2014**

**Clinic Name** **HVP RIVERSIDE**  
**Clinic Address** 3705 Olentangy River Rd.  
 Columbus, OH 43214  
**Phone Number** (614) 262-6772 (Main)  
 (614) 788-2192 (Device)  
**Fax Number** (614) 788-2197

**Clinic Name** **HVP ATHENS**  
**Clinic Address** 65 Hospital Drive, Cornwell Center  
 Athens, OH 45701  
**Phone** (740) 566-4856  
**Fax** (740) 788-2197

**Clinic Name** **HVP CAMBRIDGE**  
**Clinic Address** 1325 Clark St.  
 Cambridge, OH 43725  
**Phone** (614) 788-2192  
**Fax** (614) 788-2197

**Clinic Name** **HVP CIRCLEVILLE**  
**Clinic Address** 600 N Pickaway St., Suite 102  
 Circleville, OH 43113  
**Phone** (614) 788-2192  
**Fax** (614) 788-2197

**Clinic Name** **HVP GRANT**  
**Clinic Address** 765 N Hamilton Rd., Suite 120  
 Gahanna, OH 43230  
**Phone Number** (614) 533-5000  
**Fax Number** (614) 533-1337

**Clinic Name** **HVP DELAWARE**  
**Clinic Address** 551 W Central Ave., Suite 204  
 Delaware, OH 43015  
**Phone Number** (614) 533-5000  
**Fax Number** (614) 533-1337

**Clinic Name** **HVP GROVE CITY**  
**Clinic Address** 1325 Stringtown Rd., Suite 240  
 Grove City, OH 43123  
**Phone Number** (614) 533-5000  
**Fax Number** (614) 533-1337

**Clinic Name** **HVP WESTERVILLE**  
**Clinic Address** 260 Polaris Pkwy., 2nd Floor  
 Westerville, OH 43082  
**Phone Number** (614) 533-3092  
**Fax Number** (614) 533-3144

**Clinic Name** **HVP MARION**  
**Clinic Address** 278 Barks Road W  
 Marion, OH 43303  
**Phone Number** (614) 788-2192  
**Fax Number** (614) 788-2197

**Clinic Name** **HVP DOCTORS**  
**Clinic Address** 5131 Beacon Hill Rd., 2nd floor  
 Columbus, OH 43228  
**Phone Number** (614) 788-2192  
**Fax Number** (614) 788-2197

**Clinic Name** **HVP DUBLIN**  
**Clinic Address** 7450 Hospital Dr., Suite 460  
 Dublin, OH 43016  
**Phone** (614) 788-2192  
**Fax** (614) 788-2197

**Clinic Name** **HVP MANSFIELD**  
**Clinic Address** 335 Glessner Ave.  
 Mansfield, OH 44903  
**Phone Number** (567) 241-7909  
**Fax Number** (567) 241-7347

**Clinic Name** **HVP CHILLICOTHE**  
**Clinic Address** 869 North Bridge St., Unit 20  
 Chillicothe, OH 45601  
**Phone Number** (614) 788-2192  
**Fax Number** (614) 788-2197

**Clinic Name** **HVP PICKERINGTON**  
**Clinic Address** 1030 Refugee Road  
 Pickerington, OH 43147  
**Phone Number** (614) 533-5000  
**Fax Number** (614) 533-1337



## **You have successfully completed a device implant.**

An online detailed video is accessible with this QR code for review at home or at your convenience. Using your phone you can scan with your camera app and the website will populate:



## Notes

[illegible]

