



York Teaching Hospital
NHS Foundation Trust

Implantable Loop Recorder After Care

Information for patients, relatives and carers

① For more information, please contact:

Vascular Imaging Unit

Tel: 01904 726065

The York Hospital, Wigginton Road, York, YO31 8HE

Caring with pride

Below are some helpful hints to aid recovery following your implantable loop recorder insertion.

How much should I do at home?

- You should avoid strenuous activity until your stitches/clips or steri-strips are removed in seven to ten days after your procedure.
- Avoid rough contact that could result in blows to the implant site.
- Avoid rubbing the implant site or the surrounding chest site.

What about returning to work following your procedure?

You may return to work the following day, unless your work is heavy manual in nature.

What about driving?

You may have been suspended from driving by the DVLA, if so, this still stands. If this is not the case you may drive the following day.

Personal Hygiene?

You may bath or shower but ensure the wound site and dressing is kept clean and dry.

Care of Wound Site

- Keep the dressing on until the stitches/clips or steri-strips are removed.
- If the dressing becomes soiled/wet, wash your hands thoroughly, remove the existing dressing and replace with one of the new dressings given to you.
Do not touch the wound site.
- You may notice some bruising; if the bruising is soft this is normal. If the bruising is hard or the wound site starts to swell, or bleed/ooze apply firm pressure to the area and return to hospital.

What about my medication?

Do not stop taking any medication prescribed unless you are instructed to do so by your doctor. If you were given antibiotics to take home ensure these are taken as prescribed.

Warfarin? If you are taking warfarin, please ask the nurse/doctor prior to discharge when you should recommence your warfarin.

Your wound was closed using (tick)

- Clips
- Continual beaded suture
- Steri-strips

Important Information

You need to make an appointment at your GP practice to have the above closure material removed **seven to ten** days after your procedure.

Contact Vascular Imaging Unit between 08.00 and 17.00 Monday to Friday, on telephone 01904 726065, if any of the following occur.

Outside of these hours please contact your GP:

- You develop a fever.
- Your wound site appears red or warm to touch.
- You have any concerns regarding your wound site.

You will be seen in the pacemaker clinic in four to six weeks' time, you will be sent an appointment for this. Clinic telephone no: 01904 726525.

Will I still be able to use electrical appliances?

Most electrical appliances you have at home will be safe for you to continue using provided they are in good working order. These include:

- Televisions, radios, CD and DVD players.
- Electric blankets; hairdryers; shavers.
- Washing machines; vacuum cleaners, microwaves remote controls.
- Computers, fax machines and the telephone.

Can I use a mobile phone?

Yes as long as you maintain a distance of 15cm (6") away from your implantable cardiac monitor, e.g. hold the phone to the ear farthest away from the heart monitor and do not carry it in a pocket in front of the monitor.

For usage of any other heavy electrical equipment contact the pacemaker clinic on 01904 726525 for advice.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Vascular Imaging Unit, telephone 01904 726669 and ask for Sister or write to us at The York Hospital, Wigginton Road, York, YO31 8HE.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Please telephone or email if you
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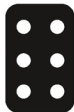
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01904 725566

email: access@york.nhs.uk



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