

Implantable Loop Recorder After Care

Information for patients, relatives and carers

① For more information, please contact: Cardiorespiratory Department
Tel: 01904 726525, The York Hospital, Wigginton Road, York, YO31 8HE

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 for 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 manual labour 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.

Caring for the wound site

- Keep the dressing on for 7-10 days post procedure.
- 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)

- Absorbable suture
- Steri-strips

What is an implantable loop recorder?

This is a device placed under your skin which monitors your heartbeat. If your heartbeat becomes too slow, too fast or irregular then it will store a recording known as an electrocardiogram.

In addition, we may provide you with a handheld activator together with a patient information sheet. The physiologist will show you how the activator works and answer any questions you may have. The activator should always be with you and used if you experience symptoms as discussed with your consultant such as, dizziness, chest pain or palpitations.

When triggered this will capture your heart rhythm for a period both before and after you have used your activator to ensure even brief symptoms are recorded.

If you have a smartphone, you may be able to use an app instead of the activator described above to record your symptoms.

How do we read this information?

The physiologist aiding in or performing your procedure may also provide you with a home monitor.

This is a device we recommend you place in your bedroom as it communicates with your implanted device. Your monitor will from time to time communicate with the hospital's systems, in which cases there may be flashing lights visible on the base unit. In this case, you do not need to do anything, and there is no cause for concern.

If you are using the smartphone app you do not need a physical home monitor- all recordings are downloaded through the app.

If there is information on your device this will then send through to our system so that it can be reviewed. Please note that this is not constantly monitored, and we do receive a large volume of information so if you are concerned or have experienced your symptoms it is vital you get in touch on **01904 726525** to inform us.

Routine follow up will be around six weeks after your procedure. This is performed through the home monitor, so you will not have to attend the hospital. At this time the physiologist reviewing your information will call you to discuss any readings on the device and whether you have experienced any symptoms. Following this we will continuously review the alerts generated by your device through the home monitor.

If we do see something of concern, then we will contact both you and the consultant who referred you for the procedure.

How long will the device be implanted?

The battery life on these devices is around three years so we usually recommend the device is left in for this period.

When the device does reach the end of its battery life, it is your choice whether to have the device removed or leave it in.

Important Information

If steri-strips or sutures were used, you **do not** need an appointment with the GP to have the wound removed. If you are concerned about the appearance of the wound, i.e. it has become red, sore or tender to touch, then please contact us direct.

You can contact the Cardiorespiratory department between 09.00 and 17.00 Monday to Friday, on telephone 01904 726525, if any of the following occur. Outside of these hours please contact your GP.

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: Cardiorespiratory Department
Tel: 01904 726525 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
yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Previously published as Reveal Device Implant After Care

Owner	Cardiorespiratory
Date first issued	August 2012
Review Date	August 2027
Version	7 (issued August 2025)
Approved by	Cardiology MDT
Linked consent form	FYCON188-3 v2
Document Reference	PIL 588 v7

© 2025 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.

www.yorkhospitals.nhs.uk