

Implantable Loop Recorder Explant After Care

Information for patients, relatives and carers

① For more information, please contact: Cardiorespiratory Department
Telephone: 01904 726525, 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 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 explant site.
- Avoid rubbing the explant 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 until the stitches/clips or steri-strips are removed 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)

- Dissolvable suture
- Steri-strips

Important Information

You need to make an appointment at your GP practice to have clips removed if they were used. If steri-strips/sutures were used, you only need to make an appointment if you are concerned about the wound.

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:

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

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
Telephone: 01904 726525 and ask for Sister or write to us at York Hospital, Wigginton Road, York, YO31 8HE.

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.

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.

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/

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