

Discharge Information: After Implantable Loop Recorder

What to expect when you are discharged from hospital/service

Wound care

- Following your device implant a waterproof dressing will be placed over the wound.
- Leave this dressing on for 7 days to allow the wound to heal.
- You may shower with the dressing in place.
- After 1 week see your local doctor to remove the dressing and to check the wound has fully healed.
- If there is a suture/stitch present, please get you GP to remove this at the same time.

Book your GP appointment for _____ if possible.

The waterproof absorbent dressing provides a protective barrier over the wound. You may notice some blood or cloudy ooze underneath the dressing. This is normal. The wound ooze interacts with the dressing to form a cloudy gel. If the ooze does not begin to leak outside the dressing it is not a problem.

Infection is a serious complication that can occur following a device insertion.

Signs of infection may include:

- | | |
|------------|------------------------------------|
| • Redness | • Heat around the wound area |
| • Swelling | • Ooze (may be offensive smelling) |
| • Fevers | • Poor healing |

When and where to seek medical attention

- Please contact your GP or local hospital if any of the following occur:
 - If the wound dressing leaks or starts to come off prior to the 7 days.
 - If the wound becomes itchy or a rash develops under the dressing.
 - If the wound is bleeding outside the dressing or develops a large swelling.

If you have any signs of infection, please:

Ask your GP or local hospital to contact the TPCH EP Registrar

OR

**The Prince Charles Hospital EP Co-ordinator on (07) 3139 5243.
Monday- Friday 8 am - 4:30 pm**

How you can help your recovery

- **Restrictions on movement following the procedure.**

Bathing or swimming should be avoided for the first week until the wound is healed.

- **Pain relief.**

Simple pain relief such as paracetamol (not aspirin) can be taken as directed for pain.

Frequently Asked Questions / What else should you know?

Mobile phones

Mobile phones and cordless phones should be used on the opposite side of the implant. Do not place your phone in any pocket that sits over the loop recorder site.

Electrical equipment

Most household electrical equipment is safe to use. i.e., microwaves, TVs, computers. Precautions need to be taken when using home handyman equipment.

You should not do any welding or perform engine maintenance on your car if it is running.

Airport Screening (Metal Detectors/Body Scanners)

When at the airport inform the screening officer that you have a loop recorder implanted. The appropriate screening method will be selected. Body scanners have no known effects on loop recorders. If there are metal detectors alternate methods of screening will be used such as a handheld metal detector or frisk search. Have your device identification card with you.

Electronic Article Surveillance units (EAS)

It is safe to go through EAS at airports, shopping centres and libraries. Walk straight through and do not linger between the beams.

Magnets

Strong electro-magnetic fields, magnets and magnetic blankets, bracelets etc. should be avoided.

What do I need to know about going home?

Please make sure you:

- Ask for a medical certificate if needed.
- Have a friend or relative to pick you up.
- **Do not sign any legal documents for 24 hours if you have been given any sedation.**

Informing other medical/allied health staff

Be sure to inform all members of your health care team, such as doctors, dentists, physiotherapists, etc. that you have a loop recorder implanted.

Identity card

An ID card will be posted to you. Keep the card in your wallet or purse in case of medical emergencies or to show security at airports etc.

How to use the activator

- Only use the activator if you have symptoms.
- Instruct relatives on how to use the activator if you suffer from blackouts or fainting.
- Keep the activator with you at all times.

To record your ECG during or after symptoms

- Place the activator over your loop recorder (directly onto skin or over clothing)
- Press the activator (white button) once, remove activator and observe for a flashing light.
- A flashing yellow light means that your device has not received a signal from the activator – put the activator over the loop recorder again, press the white button and check again for the green light. Repeat this until you see a green light.

After you have activated your loop recorder

Ring the **Pacemaker Clinic on 07) 3139 4248** to arrange a date and time for your loop recorder to be interrogated.

Do:	Do not:
Leave the dressing intact for 1 week, then see GP. Shower with the dressing in place.	Do not sign any legal documents for 24 hours if you have had sedation during your procedure
See GP if any signs of infection	Do not use mobile phone and cordless phones on the same side of the implant.
It is important to return to a normal life as soon as possible after the procedure. You may feel tired and washed out for a few days - this is a normal feeling and is usually attributed to the medication used and the procedure itself.	
Be sure to inform all members of your health care team, such as doctors, dentists, physiotherapists, etc. that you have a loop recorder implanted.	

Who do you contact if you need advice or help?

If you have any questions about this information, contact:

EP & Pacing Coordinator

The service contact phone is: **(07) 3139 5243** during office hours. Monday to Friday 8 am - 4.30 pm

If you need to change the ICD appointment, ring **(07) 3139 4248**.

Your questions

If you are unsure about anything in this fact sheet, please write down questions for your care team:
