



Cardiology Department

Discharge Advice for Patients following an Implantable Loop Recorder (ILR)

- You will be shown how the device works and what to do should you have any symptoms before you leave hospital. It is important that you contact the Cardiology department on 01305 255288 if you have any symptoms that have required you to make a recording. If your symptoms are severe, you should come in to the Emergency department (by ambulance if necessary) and they will contact Cardiology when you arrive.
- Check your wound site daily for any signs of bleeding, swelling (swelling can mean that it is bleeding underneath the skin) or infection (redness, hot to touch, oozing). Contact the Cardiology day ward **immediately** on 01305 254990 and you will be asked to come in to have the wound checked. If it is out of our hours (outside of Monday to Friday, 8am to 6pm) then go to the Emergency department.
- It is important that you limit the use of your arm on the same side as the device for **one week**. Do not use it to push, pull or carry heavy objects. This is to allow the wound site to heal.
- The clear, protective dressing should remain in place until the stitch is removed or for 7 days. It is 'splash proof', therefore you can shower, but you should avoid standing in the full flow of water to prevent the dressing lifting up as this can risk infection. If it does start to peel up at the edges, please see your practice nurse at the GP surgery to have it renewed.
- Avoid having a bath or swimming until the stitch has been removed and the wound is healed and dry
- If you have a removable stitch, you will need to make arrangements for this to be removed at the GP surgery in 7 days. If you have concerns regarding your wound site, please contact the Cardiology day ward on 01305 254990. If you have steri-strips to the wound site, you can remove these after 5-7 days.
- It is normal for the wound site to be bruised and uncomfortable initially. Please take 1-2 Paracetamol 500mg tablets every 4-6 hours and always follow the instructions on the packaging.
- The Cardiologist will advise you on when you can drive again. This may be up to 6 months dependent on the reason for implanting the device.

For any further advice, please contact the Cardiology day ward on 01305 254990, Monday to Friday between 8am and 6pm.

Feedback

If you are happy with the service provided within this department, or if you feel we could improve this service, we would be grateful for your feedback. Please contact:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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