



## Patient Information

# Post Procedural Care Information: What to expect after having an Implantable Loop Recorder (ILR) fitted

### Why have I been given this leaflet?

You have had your Implantable Loop Recorder (ILR) fitted today. This leaflet provides information regarding your aftercare.

### Going home:

You may eat and drink normally and sleep in your usual position at night time. The next morning you can shower or bath as normal as long as you keep your dressing dry. If it becomes wet you will need to redress the wound area with a new dressing which will be supplied by the discharge team. It is normal to experience mild discomfort around the insertion site. Please take your normal pain relieving medication as required.

### Wound Care:

The wound dressing should remain clean, dry and intact for five days. After this time, please remove the dressing. If the wound appears clean and dry, there is no need for a further dressing. If it is not healed over, please re-dress for a further two days.

- If there are any steri-strips (thin adhesive strips) under the dressing, they should be left in place until they fall off after five to seven days. If they do not fall off, please contact your GP surgery for advice.
- If your wound has been closed with surgical glue, you may see a purple line. Please leave this in place.
- You may have absorbable stitches which do not need to be removed.
- If you are unable to change your dressing, please contact your General Practitioner or Practice Nurse for assistance.
- Please observe the wound for signs of infection. The common signs are redness, swelling, excessive heat around the site, increasing pain and tenderness, discharge from the wound, gaping wounds or fever.



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- If you experience any of the above signs or symptoms, please contact the Wiltshire Cardiac Centre Outpatient reception for advice on 01793 604250 Monday – Friday, 09:00 – 17:00 hours (excluding bank holidays). Outside of these hours, please contact the NHS Helpline on 111 and they will make an appointment for you at your local Urgent Care Centre.

### **Bleeding:**

It is rare to have severe bleeding from the insertion site once you are at home. If bleeding does occur you should contact your GP surgery, or the NHS Helpline on 111 and they will make an appointment for you at your local Urgent Care Centre.

### **Bruising:**

The site and surrounding area may be bruised after the procedure. This usually settles within a few days. If you take a form of anticoagulation medication then you are more likely to have some bruising.

### **Recording your symptoms:**

A cardiac physiologist will give you an activator to record your symptoms. They will explain how to use this before you leave hospital.

### **Driving with an ILR:**

Driving restrictions are dependent upon your symptoms. These should have been discussed with you by the doctor who referred you for your ILR. Please abide by their instructions. Further guidance can be obtained from The Driver and Vehicle Licensing Agency website <https://www.gov.uk/cardiac-problems-driving>.

### **Follow up appointments:**

You will not need routine follow up appointments in hospital after having your ILR fitted. Your device will be monitored through the home monitoring box that you will be given after the implant (see below). If the ILR has recorded any arrhythmias, the home monitoring box will send the information across to the hospital via a remote connection where it will be checked by a cardiac physiologist and forwarded on to your Consultant, if necessary. Please be aware that this is not a 24 hour service and typically runs Monday to Friday 09:00 - 17:00 (excluding bank holidays). If you have any symptoms please use your activator as directed and telephone the department on 01793 604257 to let us know.

### **Further information on your Home Monitoring Box:**

On leaving hospital you will be given a home monitoring box, and if applicable instructions on how to download a smartphone app. Research has shown that home



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monitoring has benefits of both keeping you out of hospital and increasing life expectancy.

Please plug the home monitoring box into a socket next to your bed or where you normally sleep and ensure that it remains plugged in at all times. Any recordings stored in your ILR will be sent to the hospital overnight. If you are not going to be sleeping at home, please take your home monitoring box with you and plug in next to where you will be sleeping that night. If you work night shifts please let a cardiac physiologist know and the time of the transmissions can be changed to suit when you will be at home.

**If you require further information, please contact the cardiac device clinic on:**

Administration queries: 01793 604250

Device queries / reporting your symptoms: 01793 604257

Normal working hours: Monday – Friday 09:00 – 17:00 (excluding bank holidays).  
Outside of these hours there is an answer machine in operation.

Further information can be obtained from the British Heart Foundation website  
<https://www.bhf.org.uk/information-support/tests/implantable-loop-recorders>

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

#### **Document Control**

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