



Heart
Rhythm
Associates, P.A.

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Cardiac Electrophysiology

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IMPLANTABLE LOOP RECORDER
DISCHARGE INSTRUCTIONS

Your Incision

- Keep your incision dry for 3 days. Following this, you can get the incision wet but do not scrub over it for the next month. Do not put salves, ointments or lotions on the incision. Avoid touching the incision or pocket.
- Do not use a dressing. Leave the pieces of tape (if present) on the incision alone. These will come off by themselves once you begin getting the site wet as directed above.
- Call us immediately if you develop fever (temp 101°F or greater), pain, redness or drainage at the device site.

Activity

- *Resuming activities and returning to work:* You will be able to return to normal activity immediately after the procedure

GENERAL REMINDERS

- Identification card: Carry your ID card with you at all times. A permanent card will be mailed to you within the next two months. Call your doctor's office if you do not receive your card or if you should lose it.
- Medical Care: All healthcare providers should know that you have a device. Always show your I.D card to them. All medical tests and procedures are safe to have (mammograms, X-rays, arteriograms). You have an MRI conditional device.
- Travel and Metal detectors: It is safe to travel with your device. Always show your identification card. You may walk through the metal detector if asked to do so but do not allow the handheld magnetic wand near the device.
- Appliances: Most household devices cannot harm your device, including microwaves. Those warnings do not apply to you.

FOLLOW -UP

You will return for a follow up doctor visit in two weeks. If you did not receive an appointment please call the doctor's office.

Please leave a message if your call is not an emergency. On weekends you can still reach us through the call operator. For emergencies, please call 911.