Discharge Instructions for Loop Recorder Explant

If you have any questions following discharge, you may call Electrophysiology office at (315) 464-5973 and ask to speak with one of the nurses. After 5pm, the physician on call may be reached by calling (315) 464-9335.

Incision site

- Following the procedure, the wound will be covered with a large outer bandage and steristrips (small white strips of tape) underneath.
- If you remain in the hospital overnight, the physician or nurse will remove the outer bandage prior to discharge.
- If you are discharged the day of your procedure, remove the outer bandage the next day. This is important to allow the wound to heal and remain dry.
- **Do not remove the steristrips yourself.** They will either fall off on their own or be removed at the appointment for your wound check.
- **DO NOT touch your incision until it is healed.**
- Avoid wearing clothes that may rub against your wound such as bra straps and tight shirts till the wound is healed. Wear what you feel is comfortable.

Bathing

- Do not get the incision site wet for at least 4 days. Following the 4 days, you may take a shower, allowing the water to run over the wound. Do not wash/scrub the area and pat the wound gently with a towel to dry until healed.
- **DO NOT use any oils, lotions, powders or ointments on or close to your incision. It must remain clean and dry.**
- Always use good hand washing with soap and water before touching the incision area.

Activity

- Take it easy for the first few days after your procedure. You may have some tenderness at the incision site but you can return to normal activity as the incision heals. Your body will let you know if you are over doing it!

Diet

- After the procedure, follow with a light diet for the day. You will have been given sedation and pain medication which could cause nausea and vomiting.
- If you have nausea or vomiting switch to sips of clear liquids. Once you can tolerate the clear liquids then you can try food again.
Call your physician if you experience any of the following:
  • If you notice any redness, swelling, pain or drainage at the incision site.
  • Fever over 101 degrees F or 38.5 degrees C and/or chills as these accompanied with above may indicate an infection and you will need to be treated right away.

Medications
  • Take all medications as prescribed. If there are any questions or concerns with your discharge medications, please call the EP office.

Follow-up appointment
  • Before you are discharged, you will be given an appointment for a wound check. This will be within 1-2 weeks of your procedure. It is very important that you keep this appointment. All appointments are at 90 Presidential Plaza at UHCC on the 5th floor at the Cardiology Clinic. The Cardiology Clinic phone number is (315) 464-9335.

Please ask if you have any questions or concerns!

Cardiology/Electrophysiology Clinic at UHCC
  (315) 464-9335
Electrophysiology Secretary
  (315) 464-5973