Follow these and other instructions given to you by your health care team for your care at home after placement of your implanted loop recorder, also called an implanted or insertable cardiac monitor or LINQ monitor.

Call the OSU Device Clinic at 614-293-8916 or 877-478-2478 if you have questions about these instructions.

Your incision care:

- The loop recorder may bulge slightly under the skin.
- Itching is a normal part of the healing process. Try not to rub or scratch the incision site.
- Keep your incision clean and dry.
- Wash your hands well with warm water and soap for at least 15 seconds before or after touching your dressing or incision.
- Check your site each day and call the Device Clinic if you have:
  - Increased drainage or bleeding at the site
  - An incision that opens
  - Redness, swelling or warmth at the site
  - A pimple that develops at the incision
  - A fever greater than 101 degrees F or 38.3 degrees C and do not have a cold or the flu
- For the first 48 hours after surgery:
  - Leave the dressing on for 48 hours after surgery.
  - You may take a sponge bath. Do not shower or bathe until 5 days after your procedure.
  - Wash your hands with soap and water for 15 seconds if you need to touch the dressing.
- Remove the outer dressing of tape and gauze after 48 hours, on ____________________.
  - Wash your hands well before and after removing the dressing.
  - Do not remove the narrow pieces of tape, called steri-strips, that go across the incision. They support the outer layer of skin while it is healing.
- After 5 days, on ____________________, you may shower or bathe.
  - Shower or take a bath, letting the water gently run over the incision. Do not let the shower water directly hit the incision, and do not soak the incision under water in a bath.
  - Do not rub or scrub the incision site while the steri-strips are in place.
Gently pat the incision site dry with a clean towel. You do not need to put another dressing on the site.

Avoid soaking the incision site under water in a bath tub, hot tub or swimming pool until the site is healed, often about 14 days after surgery.

- **Leave the steri-strips in place.** The steri-strips may start to loosen and come off on their own after 5 to 7 days.

- Wash your hands well with soap and water for 15 seconds and then **remove any steri-strips from the incision site that still remain:**
  - After 10 days, on ____________________.
  - After 14 days, if you take prednisone, steroids or an immunosuppressant.

**Driving restrictions:**

- If you have passed out, **do not** drive for 3 months after your last episode. Please call your health care provider, not the Device Clinic, if you have questions about this restriction.

**Restarting your medicines:**

- Take all of your usual medicines as scheduled after the procedure unless you were given other instructions.

**Pain relief:**

- Take acetaminophen (brand name Tylenol Regular or Extra Strength) to relieve tenderness at the incision site. Follow package instructions for dosage.

- **Do not** take ibuprofen (brand names Advil and Motrin) and naproxen (brand name Aleve) unless approved for use by your health care provider.

**Call the Device Clinic at 614-293-8916 or 877-478-2478 if you have:**

- Increased drainage or bleeding at the site
- An incision that opens
- Redness, swelling or warmth at the site
- A pimple that develops at the incision
- A fever greater than 101 degrees F or 38.3 degrees C and do not have a cold or the flu

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu.**

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