

# Discharge information for patients post loop recorder insertion/removal

<b>Day of discharge</b>	<ul style="list-style-type: none"> <li>○ When discharged from hospital you should go home and rest.</li> <li>○ If you have been given sedation, which may temporarily affected your judgment. For this reason you must have a relative or friend to escort you home and remain with you until the following day.</li> <li>○ You must not operate machinery, drink alcohol, fulfill any social engagements, or participate in any exercise or work until tomorrow.</li> <li>○ You may resume normal activities tomorrow if you feel fit to do so. If you feel unwell, remain resting.</li> </ul>
<b>Wound care</b>	<ul style="list-style-type: none"> <li>○ The dressing on your wound site is waterproof and designed to remain intact for 7-10 days.</li> <li>○ You are able to shower with your dressing on, however swimming is not advised until your wound has healed completely.</li> <li>○ It is not normal to experience excessive pain at your wound site nor should you notice any redness, ooze or discharge from your wound. If you have any concerns about your wound you should see your GP.</li> <li>○ In an effort to protect your wound and promote healing we advise you to limit physical activity for 2-3 days.</li> </ul>
<b>Medications</b>	<ul style="list-style-type: none"> <li>○ Depending on your doctor, you may be discharged with a script for antibiotics for 5 days. Make sure you complete this course to prevent infection of the wound.</li> </ul>
<b>Follow-up</b>	<ul style="list-style-type: none"> <li>○ An appointment has been made for you in your local pacing clinic to check your device.</li> </ul>

If you have any questions, do not hesitate to ask the nurse looking after you before you leave. We are happy to answer any questions you may have

Cardiac Investigation Unit phone number: - (03) 9231 3000