

Family Education Sheet

Home Care Instructions for Patients with an Implantable Loop Recorder



Boston Children's Hospital

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This sheet explains what an implantable loop recorder is, why it's needed and how it is used.

Key points

- An implantable loop recorder is a small device under the skin of your child's chest that lets a doctor keep track of your child's heart rhythms.
- The device is programmed to monitor your child's heart activity at all times.
- You will need to give your child special care for a short time after the device is put into place.

What is an implantable loop recorder?

- An implantable loop recorder is a small device that a doctor places under the skin of your child's chest. It lets the doctor keep track of your child's heart rhythms (see Figure 1). It's also called an implantable cardiac rhythm monitor.
- The implantable loop recorder automatically records heart rhythms and sends very fast or slow heart rhythms to your child's health care team.
- Your child will also have either a device with an app or a hand-held device called a patient assistant. This marks symptoms that you would like reviewed by the care team.

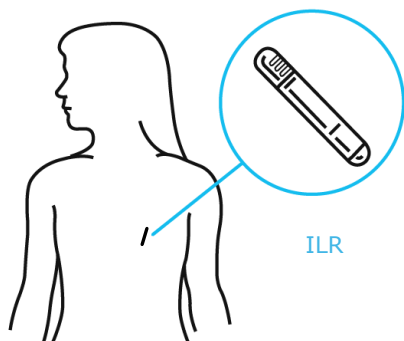


Figure 1

What do I need to know before going home?

The nurses will go through the implantable loop recorder home monitoring system in detail before you go home. You'll also get:

A booklet about the recorder, patient assistant and patient monitor or device app.

An ID card, which will have your child's name, the brand of implantable loop recorder and your doctor's phone

number. Please make a copy of this card so you can keep one with you and one with your child at all times.

How does the implantable loop recorder work?

The device is programmed to monitor your child's heart activity at all times. It records unusual heart rhythms.

Depending on the brand of implantable loop recorder you receive, you will also receive an app or hand-held patient assistant to help mark symptoms.

When your child has a symptom (like a seizure, dizziness, fainting or unusual heartbeats) **you should:**

- Put the device app or hand-held patient assistant (see Figures 2 and 3) over the recording device in your child's chest.
- Press the Record Symptoms button on the device app or patient assistant.

The device will record your child's heart rhythm from just before, during and after the button press. The device nurses on the EP team will go over the nuances of sending a transmission from your implantable loop recorder before going home.



Figure 2.

Boston Scientific patients: Follow instructions on the muLUX app

Your doctor may ask you to send data from your MyCareLink Patient Monitor.

1 Record Symptom Button

Press when your child has a symptom.

2 Searching Light

Flashes blue when you should hold the patient assistant over your child's chest.

3 Success Light

Turns green when the data is successfully recorded.

4 Connection Slot

Lets you attach the patient assistant to your key chain.



Figure 3. Medtronic patients

How do I care for my child's wound?

If your child has sutures (stitches), they'll dissolve on their own. They don't need to be taken out.

An antibacterial adhesive called Dermabond will cover the incision. It dries to form a clear and shiny purple coating that seals the wound.

- The Dermabond dries up and peels off on its own in 1–2 weeks. Don't let your child pick at the coating. It's there to keep an infection from happening.

Can my child take a bath or swim?

- Your child can shower the day after the device is put in.
- **Avoid rubbing the incision when washing.**
- **Keep the incision dry and avoid getting it wet.** Do not go underwater, take a bath or go in a hot tub or pool for 2 weeks after the procedure.
- **Avoid using creams or lotions** on the incision site.

Can my child be active?

- Your child should not do contact sports, heavy lifting or roughhousing for 1 week.
- Your child's nurses can give you any letters you need about your child's safe return to school. Your child's nurses can also speak with the school nurse about any needs your child may have. They will need your permission to do this.

Will my child be in pain?

- Your child may have some discomfort.
- Your child will probably need acetaminophen (Tylenol®) or ibuprofen (Advil®) to help with pain or swelling. Talk with your child's doctor about any allergies your child may have before giving over-the-counter medicines.
- Any discomfort should get better in 1–2 weeks.

Will metal detectors harm this device?

- Metal detectors will not harm the device or hurt your child. But the device will possibly set off metal detectors, including at airports. You can show your medical device card to security, and they will do a physical screening instead.
- Please see your device booklet for more information.

When should I call my child's doctor or nurse practitioner?

Please call if your child has:

- A fever higher than 101° F / 38.5° C (taken by mouth)
- Redness, swelling, fluid or pus leaking from the wound
- Bruising or tenderness getting worse at the site
- Pain lasting longer than 2 weeks

Contact us

- **Monday–Friday, 7 a.m. – 4 p.m.:** Call the Pacemaker/ICD Office at 617-355-4676.
- **After hours, weekends or holidays:** Call Boston Children's page operator at 617-355-6369 and ask them to page the electrophysiology (EP) doctor on call at #3737.