

# Implantable loop recorder (ILR) Explant

## Introduction

This leaflet aims to tell you about having an implantable loop recorder removed and answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team.

## What is an implantable loop recorder (ILR) removal?

An implantable loop recorder (ILR) is a small device that is implanted under the skin to continuously monitor any abnormal heart rhythms. An ILR can automatically record any fast or slow heart rate and/or to store information such as your symptoms by simply pressing a button on a special activator.

Most ILR batteries last approximately 4 years. After which time, you will be advised to have the ILR removed as it can no longer record any information.

However, your ILR may be removed sooner and replaced with a pacemaker or an implantable cardiac defibrillator. This will depend on whether any significant rhythm problems have been detected by the ILR and if any cardiac events are related to your symptoms such as fainting spells (syncope) or fast heart rate (palpitation).

ILR removal procedure usually lasts between 10 and 30 minutes. You should be able to go home on the same day.

## What are the risks and complications involved in removing an ILR?

The risks involved in having the procedure will vary from patient to patient depending on your medical history. The LINQ team will discuss the risks in more detail with you on the day of your procedure and you will be asked to sign a consent form. Complications may include:

- Bleeding or bruising
- Risk of infection. This generally occurs within the first few weeks after removal. Symptoms include pain, swelling and redness or oozing at the wound site

## How should I prepare for an ILR implantation?

Before coming to the hospital to attend your procedure, it is important for you to:

- Have a shower or bath
- Remove any nail polish
- Avoid applying heavy makeup
- Refrain from applying moisturising skin lotion on your chest or on the implantation site, as monitoring equipment will be placed on your chest

You may prefer to shave or remove any hairs from the chest area (if possible) on your own to minimise the risk of infection. If not, this can be done for you on the day of the procedure.

Please bring only essential items and avoid wearing jewellery or other valuables. We advise that you wear loose clothing and comfortable footwear when attending your procedure.

## **Remote Monitor**

Please bring your home monitoring system on the day of the appointment. They are then sent off for recycling.

## **What happens on the day of my appointment?**

Please arrive at the hospital at the time stated in your admission letter. Note that this will not be the actual time of your procedure. You will need to go to ward 1D that is located on the ground floor at CRH.

A bed or chair space will be allocated to you. The ILR operator will explain the procedure to you, and to confirm if econsent has been completed.

You will then change into a hospital gown, and a member of staff will escort you to the procedure room.

We will ask you to lie down on the procedure table and connect you to the monitoring equipment. We will clean your chest area with antiseptic fluid and cover it with a sterile sheet.

## **The Procedure**

The ILR extractor will inject local anaesthetic to numb the area. This stinging sensation will only last for a short period of time. When the site is numb, the ILR extractor will make a small cut and take out the ILR device. The wound is closed using sutures or a special type of medical skin adhesive (glue) or steri strips.

Once the procedure is over, you will be taken back to the recovery ward for post procedure observation.

## **What happen after the procedure?**

The wound site may be sore for a couple of weeks. You may also notice some bruising, especially if you are taking blood thinning tablets. This is normal.

## **Wound care**

### **Dressings**

It is important that you keep the wound clean and dry until it has healed. If a dressing has been applied, you can remove this dressing 4 to 5 days after your procedure.

Although it is not necessary, you may find it preferable to keep your wound covered with a dry dressing for a longer period. Please ensure that the sticky edges of the dressing do not contact the wound.

In most cases, you will find that a medical skin adhesive (glue) has been applied on the skin edges of wound. This medical skin adhesive has a water-resistant protective coating and will flake off by itself within 5 to 10 days.

## Washing

You can shower after your procedure, however, try and avoid getting the wound wet. Please remember to:

- Always pat down to dry the wound area rather than rubbing
- Do not immerse in any bath for at least 1 to 2 week or only until your wound has fully healed
- Do not scrub, scratch or touch or apply any heat packs, cream, or oil over the wound site to minimise the risk of wound infection

If the wound becomes sore or swollen or there is excess discharge or oozing, please contact the **Cardiac Rhythm Management team: 01422 224310** or the **1D nursing team on: 01422 223271** (Monday to Friday: 08.00 - 18.00).

## At home

You can return to work or normal physical activities soon after the ILR removal procedure (without any replacement with a cardiac device such as a pacemaker or an implantable cardioverter defibrillator).

## Follow-up checks

You do not need to attend any ILR follow-up after your ILR has been removed.

**Driving** – when to notify the Driving and Vehicle Licensing Agency (DVLA)

You do not need to inform DVLA about your ILR removal. You may need to inform them about your medical condition so they can assess if you are fit to drive. Further information can be found on the DVLA website <https://www.gov.uk/driving-medical-conditions>

## Is it safe to travel?

If there have been no complications or any other cardiac device fitted in replacement of your ILR removal, you will be able to travel after your procedure. However, please speak to your doctor before making travel arrangements and always ensure that you have adequate travel insurance.

**If you have any comments about this leaflet or the service you have received you can contact :**

Device Team  
Calderdale Cardiology  
Calderdale Royal Hospital

Telephone: 01422 224310

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਭੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"