

Pre-Procedure Loop Implant Instruction and Education


Date of Procedure: _____ **Arrival Time:** _____

Your doctor has recommended a loop recorder implantation as the best treatment option for you at this time. A loop recorder is a small device placed just under the skin that continuously monitors and records your heart's rhythm. It helps detect irregular heartbeats (arrhythmias) that may not show up during routine tests or short-term monitoring.

Pre-Procedure Instructions

A nurse from Orion Heart and Vascular Surgery Center will call you before your procedure to review your medical history and answer any questions you may have about the loop recorder implantation.

To prepare for your procedure, please download the **myLUX Patient App** by scanning the QR code provided or by visiting the **App Store** (for iPhone users) or **Google Play** (for Android users).

 *Please note:* You only need to download the app. Our team will help you set it up after your loop recorder is implanted.



myLUX™ Patient App 
For LUX-Dx II™ & LUX-Dx II+™
Boston Scientific
★★★★★ 3.6 + Ratings
Free

The myLUX app is used to collect data from your Implantable Cardiac Monitor (ICM) on a regular schedule set by your healthcare provider. The app securely sends this data from your phone to your care team using your cellular or Wi-Fi connection.

Medications

- ◇ Continue taking your medications unless instructed otherwise by your physician.
- ◇ If you take blood thinners (e.g., Coumadin/warfarin, Pradaxa, Eliquis, Xarelto), follow your cardiologist's or primary care provider's specific instructions.
- ◇ Bring a current medication list with dosages to your appointment.

Fasting

- ◇ You may eat a light meal 6 hours before your procedure and have clear liquids up to 2 hours before your procedure.

Bathing and Skin Preparation

- ◇ Shower the night before and the morning of the procedure using antibacterial soap.
- ◇ Do not apply lotions, powders, oils, or perfumes to your chest or upper body area.
- ◇ Do not shave area razors create small cuts that can be a source of infection. Staff will prep area day of procedure.

Clothing and Personal Items

- ◇ Wear loose, comfortable clothing on the day of your procedure.
- ◇ Do not wear jewelry, makeup, or nail polish. Leave valuables at home.
- ◇ Bring your photo ID, insurance card, and any necessary referral forms.

Transportation

- ◇ You must have a responsible adult drive you home after the procedure. You will not be allowed to drive yourself or take public transportation alone.

What to Expect Day of Procedure

- ◇ In the Preop Area the Orion Heart and Vascular surgery center Nurses will have you change clothes, sign consents, review your health history and medications, shave your chest if needed and start 1 IV
- ◇ The procedure is performed with light sedation if needed and the area will be numbed with lidocaine.
- ◇ A small incision (about 1 inch) is made on the chest, and the device is implanted under the skin.
- ◇ Your doctor will close the incision with surgical glue or a suture.

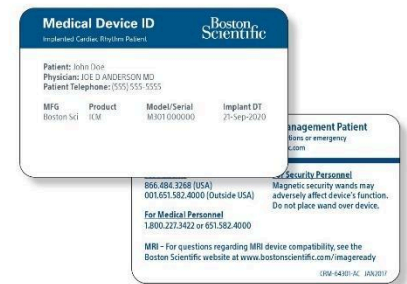
After the Procedure

- ◇ You will be able to go home once you meet discharge criteria
- ◇ The team will help you get registered and set up the app you downloaded to your phone so that the information goes to your doctor's office.
- ◇ **Incision Care**
 - o Some swelling, redness or pain are common with all incisions and will go away as the incision heals. If swelling, redness or pain increases or if the incision is warm to the touch, edges reopen or separate- call your physician's office immediately.
 - o If your incision was closed with Dermabond (skin surgical adhesive/glue)
 - o Dermabond- Do not scratch, rub, or pick at the adhesive film. This may loosen the film before your incision has healed. Protect your incision from prolonged sunlight and do not apply liquid or ointment medications to your incision while the Dermabond film is still in place.
 - o Keep the incision completely dry for 24 hours after your procedure. Sponge bathe but do not shower with running water over the incision for 24 hours. If wet, pat dry, **DO NOT RUB INCISION.**
 - o Day 2 – You may shower and wash the area gently but do not go swimming. Chlorine can dissolve the Dermabond. Your incision will be evaluated by your physician's office at your follow-up appointment, 7-14 days post procedure.
 - o No heavy lifting (over 25 pounds), pulling or vigorous use of the arms until incision fully heals. Once the incision is healed you may go back to your normal physical activity.
- ◇ **Office Follow up**
 - o Call the office to schedule your post-op appointment
 - o Call the physician's office if there is any sign of infection, such as discharge or severe pain, if you feel dizzy, lightheaded or you pass out, or if you feel your heart racing or palpitations.
 - o Your physician will be monitoring your insertable cardiac monitor for up to the battery life of the device, which is approximately 3 years.

Carry Your Medical Device ID Card at All Times

Whether you're running a quick errand or going out of town, it's important to always carry your medical device ID card with you. This card includes:

- Your name
- Your doctor's name and contact information
- The model number of your implanted device





In an emergency, this card lets medical and security personnel know that you have an implanted cardiac monitor (ICM), which can help ensure you receive the appropriate care. You will receive a temporary ID card on the day your device is implanted. Your permanent card will be mailed to your home approximately 6 to 8 weeks after the procedure.

Informative Videos

Introduction to the LUX-Dx[®] ICM Systems

Explains the LUX-Dx[®] Insertable Cardiac Monitor system, its purpose, and how it helps monitor heart rhythms in patients with symptoms such as fainting, palpitations, or dizziness.



**We genuinely look forward to your visit and appreciate the trust you're placing in us with your care.
We're here for you every step of the way.**



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