



HEART CLINIC OF COLORADO

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Reveal LINQ Insertable Cardiac Monitor

Pre-Procedure Instructions:

- Hold caffeine for 12 hours prior to procedure.
- No food or drink for 6 hours prior to procedure.
- Continue your medication as prescribed.
- Please check in at main admissions 2 hours prior to your procedure.
- This procedure does not require a ride.

Post-Procedure Instructions:

- Remove your clear dressing in 24 hours. Do not apply any antibiotic ointments or creams to your incision site.
- Keep the incision dry for 7 days. You will return to the office in 7 days for a wound check as well as an evaluation of your device in 4 weeks.
 - Use plastic wrap taped over all four sides when showering.
- Avoid immersing yourself in a bathtub, swimming pool, or hot tub for 2-3 weeks.
- You may resume your regular daily activities (no restrictions).
- You may resume your regular diet; a cardiac diet is recommended.
- Notify your physician of any signs/symptoms of infection:
 - Temperature greater than 101 degrees.
 - Increased pain, redness, swelling, or draining to incision site.
- Tylenol, as directed by the manufactures label is recommended for minor discomfort. If needed, you will be prescribed a stronger pain medication, which should be taken as directed.