

# Port Placement Discharge Instructions

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## **What can I expect after my port placement?**

- You received local anesthesia (numbing medication to prevent you from feeling pain) during your port placement. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.
- The site where your catheter (the thin, flexible tube) was placed may be sore, bruised, slightly swelling, or slightly bleeding.
- Follow-up care is the key part of your treatment and safety. Be sure to make and go to all your appointments and call your doctor if you are having problems.

## **What activities should I avoid after my port placement?**

- You may start taking showers again 48 hours after your procedure.
- Avoid lifting over 10 pounds for 2 days following your procedure.
- Do not take a bath in a tub, use hot tubs, or go swimming for 7 days or until your site heals.

## **What can I eat after my port placement?**

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast, and yogurt.
- Drink plenty of fluids (unless your doctor tells you not to).

## **What medications should I take after my port placement?**

- You can take your normal prescription medications as your doctor has instructed you to do.

- If you are not taking a prescription pain medication, ask your doctor if you can take an over-the-counter (non-prescription) medication for your pain.

## **How do I take care of my port placement site?**

### **If you have a dressing over your site:**

- 3 days after your procedure, you can remove the dressing over your port site. Keep the Steri-Strips™ on the port site for 7 days.
  - After removing the dressing, gently wash the area every day with mild soap and water and pat dry. Then cover the site with a sterile dressing or Band-Aid® for 7 days or until the site is healed.

### **If you have a skin adhesive (glue) over your site:**

- After the dressing is removed, do not bandage your port site if it was treated with a skin adhesive. The skin adhesive works like a bandage.
- Do not use antibiotic ointment on the site, as it can break down the adhesive.
- If you use EMLA™ (lidocaine cream) on your port site, please avoid applying the cream after port placement for 7 days or the site is healed.
- You may shower after 48 hours but do not take a bath, soak, or scrub the area for 7 days. Dry your skin by patting it gently with a towel.
- The adhesive will peel off on its own, usually in 5-10 days. If it has been 10 days and you still have adhesive on you, you can use antibiotic ointment or petroleum jelly to gently rub it off.

## **How do I care for my port?**

- You can start using your port immediately after it is placed.
- Some ports are power-injectable ports, or “power ports,” that can be used to inject contrast dyes for imaging scans like CT scans or MRIs. You will

receive separate information and teaching if your port is power-injectable.

- Ports need to be flushed every 4-6 weeks. Please contact your referring doctor to schedule this.

### **When should I call for help?**

**Call 911** if you have any of the following signs and symptoms:

- Shortness of breath
- Chest pains
- Loss of consciousness (if you passed out or fainted)
- Anytime you think you need emergency care

**Call the Interventional Radiology department** at (734) 936-4500, option 2 and then 5, between 8:00 AM – 5:00 PM Monday through Friday, if you have any of the following signs and symptoms:

- Fever (greater than 100.6 °F)
- Severe arm or chest pain coming from your port site
- Tingling, numbness, or cold feelings in your fingers
- Redness, swelling, red streaks, or pain at your IV site or port site
- Port dressing is saturated with blood.
- Concerns about your port
- Signs of infection such as redness, swelling, significant tenderness, or pus (thick yellow or white fluid) at the port site

After hours (evenings, weekends, or holidays), please call the hospital operator at (734) 936-6267 and ask them to page #36911.

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