

# Port Placement Discharge Instructions

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## **What are my care instructions?**

You received local anesthesia during your port placement. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. The site where your catheter was placed may be sore, bruised, minimally swelling or slightly bleeding. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

## **How will I care for myself at home?**

### **Activity**

- You may start taking showers again 48 hours after your procedure.
- Avoid heavy lifting and physical activity for 2 days after your procedure.
- No tub bath, hot tubs or swimming for 7-10 days or until your site heals.

### **Diet**

- 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).

### **Medications**

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

## **Special Instructions**

- Wound care: The dressing over your port site may be removed after 3-4 days. After removing the dressing, gently wash area daily with mild soap and water. Pat dry. Cover with sterile dressing or band aid for 7-10 days or until site is healed.
- Some ports are Power Ports to be use in CT or MRI for power injection of contrast media. You will receive separate information and teaching if your catheter is power injectable.
- Ports need to be flushed approximately every 4 to 6 weeks, if not being used more frequently. You will receive follow up care from your doctor who ordered your port placement.

## **How do I care for a skin adhesive?**

You may have a type a skin adhesive (glue) instead of a bandage. Do not bandage a wound treated with a skin adhesive. The skin adhesive works like a bandage.

- Do not use antibiotic ointment as it can break down the adhesive.
- You can shower while the adhesive is on your skin (same day is ok), but do not take a bath or soak or scrub the area for 14 days. Dry your skin by patting it gently with a towel.
- The adhesive will peel off on its own, usually in 5 to 10 days. o 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.
- You may apply Emla (lidocaine cream) to your port site before needle access, as long as the cream does not come in contact with steri strips or the skin adhesive.

## When should I call for help?

Call 911 anytime 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 Radiology Nursing Station at (734) 936-4515 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:

- Fever (greater than 100.6°F)
- Severe arm/chest pain coming from your port site
- Tingling, numbness or cold sensation of your fingers
- Redness, swelling, red streaking or pain at IV site or port site
- Active bleeding
- Concerns related to the port
- Signs of infection such as redness, swelling, or pus.

After hours you can call the Radiology Superchief at (734) 936-6267, pager 1800.

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