

Implanted Port

... after the procedure

Follow Up Appointment

- ◆ If you are starting IV therapy (chemotherapy or other IV infusion treatments) in your port right away. The provider who is giving the treatments will check your wound and manage your dressing. You only need to see the doctor who inserted your port as needed, no follow up appointment will be necessary.
- ◆ If you are not going to be using your port right away for chemotherapy or other IV treatments. You will need to see your doctor in the If office 7-10 days after surgery to check your wound. You are responsible for making your own appointment

Pain Control

- ◆ A prescription may be provided for you after your surgery. Please take the medication as needed and as prescribed.
- ◆ If a prescription is not provided for you, you may take Tylenol or Ibuprofen (over the counter) as indicated on the bottle.

Swelling

Apply ice to the port site for the first 24 hours after surgery to help reduce the swelling — 20-30 minutes each time.

Wound Care

- ◆ You may have a clear see-through dressing in place after surgery. You will leave the dressing in place for up to 7 days as long as it does not lose its seal. It is ok to let water run over that dressing after surgery as long as the seal stays intact.
- ◆ After the dressing is removed you may shower and rinse off then incision. Clean your incision daily using soap and water. Pat dry. Leave the incision open to air. Do not use any creams, ointments or lotions on the incision.
- ◆ Leave the steri-strips in place for 7-10 days.
- ◆ After your incision heals you do not have to wear a dressing except when the port is being used for continuous infusions.
- ◆ Despite the greatest care, any incision can become infected. Contact your physician immediately if you run a fever, if your incision becomes more painful rather than less painful as days go by, becomes swollen, reddened, or show pus or red streaks.

Diet

You may resume a normal diet soon after surgery as long as you are not experiencing nausea or vomiting. If you are experiencing nausea start with liquids and light, easy-to-digest foods. As you feel up to it return to a normal diet.



Activity

- ◆ Refrain from strenuous upper extremity activity for the next 2 weeks. Do not do activities or exercises that involve reaching, stretching, pushing or pulling with your arms.
- ◆ Do not lift anything heavier than 10 pounds for more than for the next 2 weeks.
- ◆ After 2 weeks and your incision has healed you may return to normal activities.
- ◆ You may be dizzy or lightheaded on the day of surgery, this is normal because of some medications you may have received during the insertion of your port. You should plan to go home after surgery to rest in a comfortable environment.
- ◆ No driving a car for at least 24hours.

Special Port Instructions

- ◆ After your procedure, you will get a manufacturers patient identification card. This card gives details on the type of port that was put in. Make sure you put this card in a safe place in case you need it.
- ◆ When your port is accessed a special needle called a Huber Needle will be inserted. This type of needle has a 90-degree angle. **DO NOT LET ANYONE USE ANY OTHER TYPE OF NEEDLE IN YOUR PORT.**
- ◆ Your port should be flushed with a special fluid after each time it is used. Your health care provider will know how to flush it after use. **If your port is not being used. It needs to be flushed every 4 weeks.** You are responsible for making an appointment to have it flushed. Flushing helps prevent your catheter from getting blocked.

When to Call Your Doctor

- ◆ Shortness of breath
- ◆ The skin over or around your port breaks open
- ◆ If you feel li
- ◆ and sudden chest pain
- ◆ Dizziness
- ◆ Fever over 101.5 degrees
- ◆ Signs of an infection as listed above
- ◆ Vomiting or nausea that does not go away
- ◆ A dressing that is soaked with blood

Thank you for choosing us!