

## **After Your Implantable Port Is Placed** *Important self-care instructions*

*This handout gives important self-care instructions to follow after your implantable port is placed.*

### **For 24 Hours**

- The medicine that you were given to make you sleepy will stay in your body for several hours. It could affect your judgment. Because of this, until the day after your procedure, or for 24 hours:
  - Do not drive a car.
  - Do not use machinery or power tools.
  - Do not drink alcohol.
  - Do not take medicines such as tranquilizers or sleeping pills, unless your doctor prescribed them.
- You may be lightheaded or feel dizzy. We strongly advise you to do only light activities and get plenty of rest.
- Eat as usual, if you can. If you cannot eat at first, slowly add foods that you can handle.
- Drink lots of fluids.
- You may resume taking your usual medicines, unless your doctor tells you otherwise.



### **Caring for the Port and Port Incision**

You will have white tape called Steri-Strips or a bandage (or both) on your incision.

### **After 24 Hours**

- You may take off the bandage. But, if you have Steri-Strips, do not remove them. They will fall off on their own in about 7 to 10 days.
- You may gently wash the area **around** your incision with soap and water. Do not wash or soak the incision. Pat the area dry. Do not rub.

- If the site is not bleeding, you may leave it open to air or cover it with a bandage. If you use a bandage, change it every day.
- Keep your incision clean and dry until it is well-healed.

### Activity

- For 7 days after the port has been placed, do **not** lift or pull more than 10 pounds.
- Be careful with the incision area. Do not rub or hit it.
- After the incision heals, you can return to your usual activities. The area may be tender, bruised, or swollen. This will go away as it heals.

### When to Call

Check your skin around the incision daily. Call one of the numbers below if you have:

- Changes to the incision site: redness, more tenderness, or more swelling
- Fever or chills
- Shortness of breath
- Dizziness
- Increased bleeding or drainage from your incision
- Any problems with your port

### Who to Call

If you have any of the symptoms listed above:

- Weekdays from 6:30 a.m. to 11 p.m., call the Ambulatory Procedure Area (APA) at 206-744-8088.
- After hours and on weekends and holidays, call the Community Care Line Nurse at 206-744-2500.

### Follow-up Visit

Return to the \_\_\_\_\_ clinic to see  
 Dr. \_\_\_\_\_  
 on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

#### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

HMC Ambulatory Procedure Area: 206-744-8088