

## After Your Implanted Port Is Placed

### *Self-care at home*

*This handout gives care instructions for after an implanted port is placed.*



*Scan this QR code with your phone camera for a digital copy of this handout.*

### Activity

The sedation you are given for this procedure will take up to 24 hours to wear off. Even if you feel normal, your reflexes and judgment are not as strong as they usually are.

- **For 24 hours after your procedure, do NOT:**
  - Drive or operate machine equipment
  - Drink alcohol
  - Take tranquilizers or sleeping pills
  - Make important personal decisions
  - Sign legal documents
  - Be responsible for taking care of another person
- You **must** plan to have a responsible adult drive you home from your appointment. You cannot use ride shares or public transit.
- Keep your head up for 2 hours. Do **not** lie down flat.
- Relax at home for the rest of the day. Have a responsible adult, such as a family member or friend there with you.
- Do not lift anything heavier than 5 to 10 pounds for 3 days. For example, a gallon of water weighs about 8 pounds.
- Do not engage in strenuous exercise or activities that strain your chest muscles for at least 72 hours. Gradually resume activities when your incision is healed, as you are able.
- Do not get the dressing wet for at least 24 hours. After that, do not use soap or let a direct stream of water get on the area for another 72 hours.
- After the dressing is removed, you may shower if there is no needle placed in your port (accessed port). If a needle is placed, you must cover the port with a waterproof barrier such as Aquaguard or Saran Wrap secured with tape.
- After showering, remove the port cover if used. Pat dry with a clean towel.

## Eating

If you can drink fluids without any problems:

- Drink extra fluids for the rest of the day unless your provider tells you otherwise.
- You may resume your regular diet.

## Medicines

- You can resume taking your usual medicines as soon as you begin to eat again, unless your provider tells you otherwise.
- If you have questions about your medicines, please ask your clinic healthcare provider.
- If your clinic provider has instructed you to, you may take pain medicines as prescribed. Or, you may take acetaminophen (Tylenol) if your provider tells you it is OK.

## Caring for Your Port Site

- The dressing should stay in place for 24 hours.
- If your dressing falls off or becomes saturated, cover the port with gauze and tape and call us.
- You may remove the dressing after 24 hours if your port has not been left *accessed* (has a needle in it).
- Protect the area from injury until your skin is healed.
- Do not scrub the adhesive glue that may cover your incision.
- Your stitches will dissolve on their own. They do not need to be removed.

## Managing Pain and Swelling

You will have some bruising, swelling, and tenderness in your chest, neck, and shoulder. These symptoms should lessen over the next 5 days. Using your arm on the side the port was placed may ease your symptoms.

Applying an ice pack on your chest may also help with pain and swelling. Wrap the ice pack in a clean cloth or towel. Do not put the ice pack directly on your skin.

## When to Call

Call your doctor or nurse if you have:

- Fever higher than 100.9°F (38.3°C) or chills
- Pain that is not controlled by your usual pain medicines or acetaminophen (Tylenol), when taken as directed
- Dizziness
- Nausea and vomiting
- Painful breathing or shortness of breath
- Changes at your port site:
  - Increased bleeding or bleeding that does not stop after you apply gentle pressure for 15 minutes
  - Redness
  - Tenderness
  - Swelling
  - Severe neck pain or discomfort
  - Wound edges reopen or separate

## Who to Call

### UW Medical Center (UWMC) - Montlake Patients

- Call **206.598.6209** on weekdays from 7 a.m. to 5 p.m.
- After hours and on weekends and holidays, call **206.598.6190** and ask to page the Interventional Radiology Fellow on call.

### Harborview Medical Center (HMC) Patients

- Call **206.744.2857** on weekdays from 7 a.m. to 5 p.m.
- After hours and on weekends and holidays, call **206.744.0147** and ask to page the Interventional Radiology Fellow on call.

### UW Medical Center- Northwest Campus Patients

- Interventional Radiology: Call 206.688.1070, option 2.

## If You Have an Emergency

**Go directly to the nearest Emergency Room or call 911. Do not wait to contact your clinic.**

### Questions?

Your questions are important. If you have questions or concerns, please call the clinic you went to for your port placement. The clinic numbers are on the right.