

After Your Implantable Port Is Removed

Important self-care instructions

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

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.



Incision Care

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. The area may be tender, bruised, and swollen, but this will go away as it heals.
- Check your skin around the incision every day for changes (see “When to Call the Nurse,” below).

Activity

- For 3 days after your port is removed, do not lift or pull heavy things.
- After the incision heals, you can resume your usual activities.

When to Call the Nurse

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

- Changes around your incision site:
 - Redness, warmth, or discharge that smells bad
 - More tenderness
 - Irritation
 - More bleeding or drainage
 - Other symptoms that you are concerned about
- Fever or chills
- Shortness of breath
- Dizziness

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.

Questions?

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

HMC Ambulatory Procedure Area: 206-598-744-8088

Follow-up Visit

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