

# 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**

If you received sedation for your port removal, 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, 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 glue and/or Steri-Strips on your incision, with a bandage over the top.

When showering for the first 3 days, do not let the water stream directly hit the port site removal area or glue.

### **After 24 Hours**

- You may take off the bandage. Do not remove the glue or Steri-Strips.
- 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.
- 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 higher than 101°F (38.3°C) or chills
- Shortness of breath
- Dizziness
- Vomiting

### Questions?

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

**UWMC – Montlake:**  
206.598.6209, option 2

**UWMC – Northwest:**  
206.598.6209, option 3

**Harborview Medical Center:**  
206.744.2857

**After hours and on weekends and holidays:**  
Call 206.598.6190 and ask to page the Interventional Radiology resident on call.

## Who to Call

### University of Washington Medical Center and Northwest Hospital

Weekdays from 8 a.m. to 4:30 p.m., call the Interventional Radiology Department:

- Montlake: 206.598.6209, option 2
- Northwest: 206.598.6209, option 3

### Harborview Medical Center

Weekdays from 8 a.m. to 4:30 p.m., call the Interventional Radiology Department at 206.744.2857.