

# 移除植入式端口后

## 重要的自我护理指导

本讲义提供了植入式输液端口移除后应遵循的重要自我护理说明。

## 移除后 24 小时内

如患者植入式输液端口移除时接受了镇静剂，使患者昏昏欲睡的药物将在体内停留数小时。这可能会影响患者的判断力。因此、在 24 小时内：

- 且勿驾车。
- 切勿使用机械或电动工具。
- 切勿饮酒。
- 不要服用镇静剂或安眠药等药物，除非医生开了这些药。
- 可能会头晕目眩。我们强烈建议只做轻微的活动，并充分休息。
- 如可以，请像往常一样进食。如一开始不能进食，可以慢慢添加能接受的食物。
- 多喝水。
- 除非医生另有吩咐，否则可以继续服用常用药物。



以手机扫描此  
二维码即可获得  
此讲义的数  
字版本

## 伤口护理

伤口上会有医用胶水和/或胶条（Steri-Strips），上面还有绷带。

头 3 天淋浴时，不要让水流直接冲到端口移除部位或胶水上。

## 24 小时之后

- 可以取下绷带。不要去除胶水或医用胶条（Steri-Strips）。
- 可以用肥皂和水轻清洗伤口**周围**。不要清洗或浸泡伤口。拍干该区域。不要揉搓。
- 如该部位没有出血，可以将其敞开透气。
- 保持伤口清洁干燥，直到完全愈合。该部位可能会有触痛、瘀伤和肿胀，但随着愈合，这种情况会逐渐消失。
- 每天检查伤口周围的皮肤是否有变化（请参阅下面的“何时需要与护士联系”）。

## 日常活动

- 移除输液端口的 3 天内，请勿提拿或推拉重物。
- 伤口愈合后，即可以恢复日常活动。

# 何时需要与护士联系

每天检查伤口周围的皮肤。如有以下情况，请拨打以下号码之一：

- 伤口周围发生变化：
  - 发红、发热或分泌物有异味
  - 疼痛加剧
  - 不适
  - 出血或流液加剧
  - 令人担心的其他症状
- 体温高于摄氏 38.3°C（华氏 101°F）或发冷
- 呼吸急促
- 头晕
- 呕吐

## 有顾虑时的联系电话

华大医学中心和西北医院

工作日上午 8 点至下午 4:30., 请致电介入放射科：

- 蒙特湖院区: 206.598.6209, 接通后请按 2
- 西北医院: 206.598.6209, 接通后请按 3

海景医疗中心: 工作日上午 8 点至下午 4:30., 请致电介入放射科  
206.744.2857.

周末及假日: 请致电 206.598.6190 请接线生传呼当值的介入放射科住院医师。

### 您有疑问吗？

我们很重视您的提问。当您有疑问或顾虑时：请与您的医生或医护提供者。

华大蒙特湖院区—  
206.598.6209, 接通后请  
按 2

华大西北医院—  
206.598.6209, 接通后请  
按 3

海景医疗中心：  
206.744.2857

周末及假日: 请致电  
206.598.6190 请接线生传呼  
当值的介入放射科住院医  
生。

# 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.*



*Scan for a  
digital copy of  
this handout.*

## 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

## 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.

### 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.