



After Your Implanted Port Is Placed

Self-care at home

This handout gives instructions to follow after you have had an implanted port placed.

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
 - Use machinery
 - Drink alcohol
 - Take tranquilizers or sleeping pills
 - Make important personal decisions
 - Sign legal documents
 - Be responsible for taking care of another person
- Keep your head up for 2 hours. Do **not** lie down flat.
- Relax at home for the rest of the day. Have a family member or friend there with you.
- Do not lift anything heavier than 5 to 10 pounds for 3 days.
- 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.

If you must shower or bathe before your teaching session with your nurse, cover your bandages with plastic wrap or Aquaguard. Tape the edges of the plastic or Aquaguard to keep your dressing dry. Try not to let the water directly hit the area of your port. Dry the area well after you shower.

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 health care provider.
- If your health care 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.

Self-care

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:

- Pain that is not controlled by your usual pain medicines or acetaminophen, 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

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Clinic staff are also available to help.

- Severe neck pain or discomfort
- Wound edges reopen or separate
- Fever higher than 100.9°F (38.3°C) or chills

Caring for Your Port Site

- If your dressing falls off or becomes saturated, cover it 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).
- You will have a dressing change with a clinic nurse in 1 to 3 days after your catheter is placed. If this session is not scheduled, call your clinic health care provider to schedule it.
- Protect the area from injury until your skin is healed.
- Let the Steri-Strips (thin pieces of white tape) fall off on their own.
- 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.

Who to Call

University of Washington Medical Center (UWMC) Patients

Interventional Radiology nurse coordinator206-598-6897

Procedure Scheduling206-598-6209

After hours (between 5 p.m. to 7 a.m.), and on weekends and holidays

Ask for the Interventional Radiology Fellow on call206-598-6190

Harborview Medical Center (HMC) Patients

Patient Care Coordinators206-744-0112 or 206-744-0113

After hours (between 5 p.m. to 7 a.m.), and on weekends and holidays

Ask for the Interventional Radiology Fellow on call206-744-0147

If You Have an Emergency

Go directly to the nearest Emergency Room or call 9-1-1. Do not wait to contact one of our staff.

UW Medicine



Patient Care Services

1959 N.E. Pacific St. Seattle, WA 98195