

Implanted Port

Your Procedure

An implanted port is a device used to access a vein to give medicines or draw blood. Your health care provider will place the port in your upper chest just below your collarbone.

What to Expect After Your Procedure

- You will be going home the same day as your procedure. You will need to have a responsible adult drive you home and stay with you for 24 hours after your procedure.
- You will see a small raised area under your skin where the port was placed.
- It is normal to have a little soreness or tenderness at the port site. This should slowly get better each day.
- You may also see a bruise at the port site. The bruise may spread and turn dark purple, green or yellow before it goes away.

Pain Relief

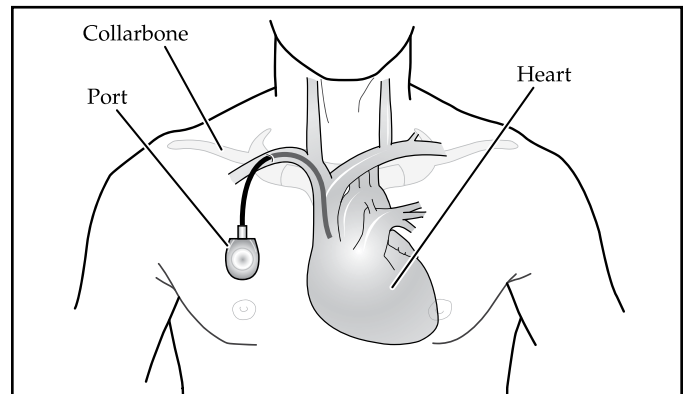
- Take any prescription or over-the-counter medicine as directed.

Activity

- Follow any instructions you received from your health care provider.
- Avoid strenuous activity for the next 5 days to keep the port from moving or the incision from opening.
- You may return to your normal activities 5 days after the procedure.

Whom to Call

If you have any questions or concerns about your implanted port, please call:



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An implanted port is placed just below your collarbone in your chest.

Food and Beverages

- Follow any instructions you received from your health care provider.
- Return to your normal diet.
- Do not drink alcohol for 24 hours after the procedure.

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How to Prevent an Infection at the Port Site

Germs can enter your body through your port site or when a needle is used to draw blood or give you medicine into your bloodstream. It is safer for you to avoid having your port accessed overnight.

Help prevent getting an infection by doing the following:

- Keep the port site clean and dry.
- Check the port site for signs of infection: swelling, warmth, pain, odor, drainage or increased redness.
- A special skin glue was used to seal your incision. Do not scratch, rub or pick at the glue. It will come off on its own in 7 to 10 days.
- The dressing may be removed after 24 to 48 hours as recommended by your health care provider. Wear loose-fitting shirts until the incision has healed. This will help avoid irritating the incision site.
- Always tell your health care provider that you have an implanted port.

Site Care

- Wash your hands with soap and warm water before touching your port site or the skin around your port site.
- If Steri-Strips® (tape-like strips) were used to close the incision, they will curl up and fall off on their own in 7 to 10 days. If they do not, you may gently pull them off.
- You may take a shower 24 to 48 hours after the procedure and once your dressing has been removed.
- Do not let the shower spray directly touch the port site until the incision has healed (1 to 2 weeks).
- Avoid swimming pools, lakes, hot tubs, or any activities where the site would be under water for 7 days after your port has been placed.

- Do not scratch, rub or pick at the port site.
- Only trained health care providers should be allowed to access your port. You have the right to ask anyone for their training or experience.
- It is OK to ask health care providers to wash their hands before touching you.

Routine Maintenance

Anytime the port is used, it should be flushed. This helps prevent blood clots from forming.

If your port is not being used on a regular basis, it needs to be flushed by a health care provider every 4 to 6 weeks or as directed.

Clotting may prevent your port from being used for blood draws and giving medicine. If you have not had your port accessed for 4 to 6 weeks, call your health care provider's office to set up routine flushings.

ID Card

There are many different types of ports. It is important that you carry your port ID card with you at all times. Some procedures or treatments can only be done with certain types of ports.

When to Call Your Health Care Provider

Call your health care provider if you have any of the following:

- chills or a temperature of 100.4 F or higher
- changes in your skin:
 - increased swelling
 - redness
 - warmth
 - odor
- tenderness or soreness that lasts for more than 2 days
- increased pain or discomfort
- bleeding or drainage from the port site
- any questions or concerns.