

# Implanted Port

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

Your health care provider will place a port under your collarbone. The port is used to access a vein to give medicines or draw blood.

## What to Expect After Surgery

- Your health care provider will tell you how to care for your port when it's being used (accessed).
- The port needs to be flushed once a month when it is not used regularly. Check with your health care provider about scheduling this flushing.
- Carry the medical alert identification card with you. It provides important information about your port for health care providers.

## Before the Surgery

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the surgery.

## Pain Relief

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

## Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise and have sex.
- Avoid doing anything that could damage or pull on your catheter.
- Check with your doctor before swimming or soaking in a bath or hot tub.
- Wear comfortable clothing. Don't wear anything that would rub or irritate the catheter site.

- Adjust the car seat belt to avoid irritation and rubbing.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Rest as needed.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Incision Site Care

Follow your health care provider's directions for changing the dressing and when you can get it wet.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have new pain or pain you can't control
- feel dizzy or lightheaded that won't stop
- have signs of infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach) or vomiting (throwing up) that won't stop
- have any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.