

Care After Receiving an Implanted Port

Your Procedure

An implanted port is a device used to access a vein to give medicines or draw blood to avoid needle sticks.

Your doctor placed the port in your upper chest just below your collarbone. He or she made an incision (cut) just under your skin to place the port.

What to Expect After Your Procedure

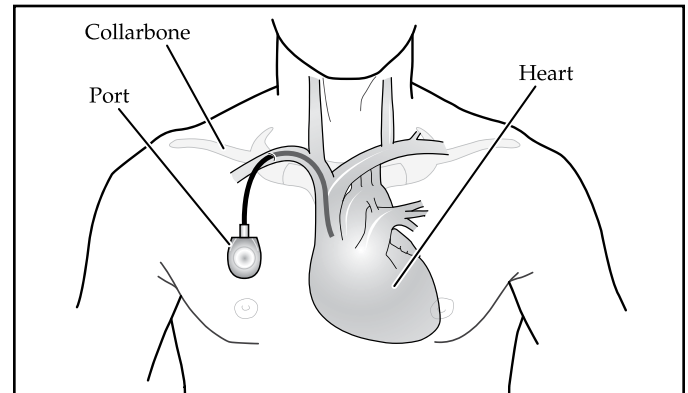
- You will see a small raised area under your skin where the port was placed.
- It is normal to have a little soreness or tenderness at the procedure site. This should slowly get better each day.
- You may also see a bruise at the procedure site. The bruise may spread and turn dark purple, green or yellow before it goes away.

Activity

- Follow any instructions you received from your doctor.
- 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.

Food and Beverages

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



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

Pain Relief

- Take your normal medicines as directed.

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.

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- 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

- Remove artificial nails, gel tips or appliques. This will lower your risk for infection. Germs can live under your nails and are difficult to remove.
- Keep your fingernails natural, short and trimmed. Do not scratch, rub or pick at the 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 hours after your procedure. Cover the incision area with plastic wrap and seal the edges with paper tape to protect your site from getting wet.
 - Do not let the shower spray directly touch the port site.
 - Remove the plastic wrap and tape after your shower.
- Do not rub, scrub, swim or soak the site in water for 7 to 10 days.
- Only trained health care providers should be allowed to access your port. You have the right to ask anyone for his or her 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, the port and catheter should be flushed with heparin. 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 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 3 weeks, call your doctor'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 Doctor

Call your doctor if you have any of the following:

- 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 the procedure site
- chills or a temperature of 100.4 F or higher
- any questions or concerns.