



Implanted Chest Port Discharge Instructions

After Procedure Instructions

- Rest quietly for the remainder of the day.
- You should resume normal activities the next day, although avoid strenuous exercise for 48 hours.
- Resume your normal diet and medications.
- The port may be used immediately.

Because of the sedation you received, for the following **24 hours**:

- DO NOT drive a car or operate machinery.
- DO NOT drink alcohol.
- DO NOT make important personal decisions or sign legal documents.
- DO NOT be responsible for the care of another person.

Incision Care:

- Bandages will be placed over the incisions for the 3 days.
- You may shower 24 hours after your port placement using a watertight dressing. Food wrap (such as Press N Seal) works best. Cover the bandages with the wrap and seal the edges with tape.
- If skin glue was used for closure: keep the incision dry for 3 days with the dressing in place. After 3 days you may remove the dressing and shower as usual. You may immerse in water after 1 week.
- If non-dissolvable sutures were used, they are removed in 14 days. You can make an appointment at Teton Radiology to have them removed, or this can be done at your physician's office.

You will be given an *identification card* for your port. This card lets medical personnel know you have a *Power Port* that can be used for contrast or fluid infusions at rapid rates (power injections).

You should carry this port identification card in your wallet at all times.

Special Instructions:

- Ports need to be used or accessed and flushed every 4 weeks or less. You will receive follow up care and instructions from your doctor.

Seek EMERGENCY CARE if you have:

- Increasing or severe pain at port site, arms, or chest
- Fever higher than 101°F (38.3°C)
- Pus or foul fluid coming from your incision
- Redness, tenderness, irritation, swelling, or streaking around incision
- Swelling of port site, neck or arms
- Active bleeding (dressing is saturated)
- Tingling, numbness, or cold sensation of your fingers
- Incision coming open
- Shortness of breath
- Chest pains
- Loss of consciousness
- Dizziness or feeling like you are going to pass out
- Progressive swelling of any area
- Severe abdominal pain or swelling

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

Please call Teton Radiology at (208) 524-7237 Idaho Falls, (208) 356-4888 Rexburg, with any questions.

(Patient name - Please print)

Your radiologist was:

I understand the above information.

(Patient or family member's signature)

Date

Reviewed with me by:

(Technologist or nurse)

Date