

## Port (implanted venous access device) Placement

## Post-Operative Instructions

Your port, or implanted venous access device, will need to be flushed approximately every 4 to 6 weeks, if not being used more frequently. Your infusion nurse will help you with this. In the recovery area, you will get a product guide and ID card. Please keep these for future reference.

### Wound Care:

1. You will have 2 incisions: on your neck and one on your chest.
2. All of your stitches are buried under the skin and skin glue is used to help hold the skin together.
3. You can shower the day after your surgery and get your wound wet (it will be sealed by the glue), but avoid submerging the wound in water for four weeks. *However, if your port is left "accessed," please do **not** get the dressing wet at all. When the port is accessed, the dressing should only be changed by a trained healthcare professional, such as your oncology nurse or infusion nurse.*
4. You may have some bruising after surgery and this is normal.
5. There may be a small amount of drainage from your wounds; this is usually normal and nothing to worry about. Place a dry gauze or bandage (available at any drug store) on the wound to absorb any drainage.

### For pain:

1. Ice packs to the area will help with pain and swelling (use the pack over your clothes) and can be used 30 minutes "on" and 30 minutes "off" for the first 48 hours.
2. You may take Tylenol or Advil every 4-6 hours as directed on the bottle.
3. You will be given a prescription for a mild narcotic for more severe pain. You can use it if needed.
4. It will get better and once you have healed from the initial placement of the port, you shouldn't feel any significant discomfort from it.

### Work and Activities:

1. If you would like, and your job allows it, you may return to work the day after your surgery.
2. If you need a work excuse for the day of surgery or for any days thereafter, please let us know.
3. Avoid lifting more than 15-20 pounds for the first 48 hours. Avoid vigorous and bouncy activities for the first two weeks; walking, low impact exercises and very light housework are all OK.

### When to call the doctor: 707.938.7690

1. If you have severe, uncontrolled pain at the biopsy site.
2. If you run a fever of 100.5°F or higher within a few days of the biopsy.
3. If you have a large amount of drainage that is soaking the bandage more than once a day.
4. If the area around your wound becomes red/inflamed.

Feel free to call, email, or message me thru the portal if you have any additional questions. There is no routine scheduled post-op appointment needed after port placement. If there are any issues with your port, your infusion nurse will let me know.