



## PORT-A-CATH REMOVAL DISCHARGE EDUCATION

### **Information:**

The port removal process is similar to insertion, as it is performed under local anesthetic and sedation.

### **What should I expect after the port placement?**

- The area around the removed port may be swollen and tender following insertion.
- You may have some mild pain or muscle soreness. This is normal. You can take acetaminophen (Tylenol®) or other non-aspirin pain medicine if you need to. Your doctor may give you a prescription for pain medicine.
- Once the wound is healed no dressing will be required.

### **Bathing & Wound Care:**

- You may shower after the port-a-cath has been removed. However, keep the sterile dressing clean and dry for 48 hours post removal, this may include applying saran wrap with duct tape to keep a clean and dry site. IF the dressing gets damp it will need to be changed immediately if this occurs in the first 2 days post removal.
- No baths, hot tubs, rivers or lakes submersions of the removal site for 2 weeks to decrease the risk of infection.
- After 48 hours, you can remove the bandage and shower. Pat it dry with a soft towel.
- The Steri Strips will start to loosen and fall off in 7 to 10 days.
- Apply a warm compress to affected area for comfort as needed.
- It is recommended that you do not perform any strenuous exercises or do any heavy lifting for 10-14 days following the procedure.

### **Follow-up visit information:**

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary.

### **Occasionally, a situation will require prompt attention and an emergency room visit is necessary:**

- Chest pain
- Pain, swelling, redness or drainage of pus around the removal site
- Swelling of the neck, face or arm on the side where the port was inserted
- Shortness of breath or dizziness

With these urgent situations, please call Oregon Interventional Radiology to see what your best course of action is.

### **If you received Conscious Sedation (IV sedation) and are discharged the same-day:**

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, or DRIVE etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- If you are taking pain medications:
  - Take as directed
  - Do not drink alcohol while taking narcotic pain medication
  - Do not drive
  - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

**For any questions please contact the Oregon Interventional Radiology clinic at 541-618-5801  
In all emergency situations call 911**