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PORTA CATH INSERTION DISCHARGE INSTRUCTIONS

When you get home: If applicable, you will need to notify your oncologist and set-up a follow up appointment. You will also receive a Porta-cath ID and product guide the day of the surgery. It is important to store these in a safe place for future reference if needed.

Pain relief: Do not take aspirin or aspirin-containing medications. Tylenol 650 mg every 4 hours or Motrin (Ibuprofen) 200 mg, one to two tablets every 4-6 hours should be effective in relieving your discomfort. If these medications are not effective in managing your pain, call the office.

Wound Care: Keep the dressing dry for 72 hours. You may remove it after 72 hours. After removing the dressing, you are okay to shower. Wash the incision with soap and water. It is best to pat the area dry. If steri-strips are used, leave them in place until they fall off, about 7 – 10 days. If you see drainage at the site, cover the area with a dressing as needed. Remove and change the dressing each day.

Activity: Limit any strenuous activity involving your arms for 72 hours, then you may start gentle range of motion with your arm on the side involving the Porta-cath.

Temperature elevation: It would not be unusual for you to have a mild temperature elevation (up to 100 degrees) for a few days after surgery. It is not necessary for you to measure your temperature unless you are concerned that you have a significant elevation. Do not hesitate to call if you have a concern about a temperature elevation as well as chills, increased redness and tenderness at wound site or excessive drainage.

Follow up: You may be instructed on discharge from the hospital to follow up with the surgeon in 7 – 10 days. If this has not been indicated, your next visit with the surgeon will likely be when the Porta cath is removed.