Post Procedure Instructions – Chest Ports

Activity:
• Rest quietly for the remainder of the day.
• No heavy lifting (over 10 lbs.) or strenuous activity for 3 weeks.
• If you were given sedation/anesthesia or pain medication: do not drive, operate heavy equipment/machinery, or make any important decisions for 24 hours.

Diet:
• You may resume your regular diet.

Medications:
• You may take your usual pain medication (per label instructions) if you have any discomfort.
• Please follow the instructions on your Current Home Medication Form.

Procedure site care:
• Always wash your hands before touching your incision.
• Inspect your dressing every day to make sure it is clean and dry, if it becomes wet or dirty – change immediately.
• Sponge bathing is recommended for 3 days. No swimming/ tub bathing for at least 3 weeks.
• Take dressing off carefully on the 3rd day and continue to keep incision clean and dry for at least 3 weeks.
• You may shower after the 3rd day, but do not let direct stream of water hit your chest port site for 3 weeks. Pat incision dry if it becomes wet, do NOT rub.
• Chest Port must be flushed monthly by a healthcare provider.

Call the doctor who ordered your procedure:
• To schedule a follow-up appointment.
• To set up port maintenance (monthly flush).
• If you have any concerns/problems related to this procedure such as port malfunction.

Seek immediate medical attention for:
• Difficulty breathing.
• Excessive bright red blood draining from the procedure site (apply pressure).
• Redness, tenderness, swelling or drainage from the procedure site.
• Chills or temperature above 101 degrees.

To speak to a radiology nurse call (310) 517-4677 from 7:30am to 7:30pm Monday through Friday