



## **Port Discharge Instructions**

**No driving for 24 hours:** You are not to drive yourself home from the procedure or for the remainder of the day.

**Activity:** You may resume regular activities the day after the procedure. However, avoid strenuous activity with your arms and upper chest (exercising, lifting objects heavier than 15 pounds) for 1 week. You should avoid above the head and behind the back movement of the arm on the side where your port sits, so as not to disturb your sutures for 1 week. If your port is located in the arm, you may use a sling for comfort.

**Port Site:** Keep the original dressing dry and intact for 2 days. Sponge bath only, no showering during the first 2 days. **After 2 days, you SHOULD remove the dressing to shower.** Pat the incision site to dry, do not scrub or remove the Dermabond glue from the incision. No tub baths and no swimming for 2 weeks.

Do not put any creams/lotions/ointments/gels other than your prescribed lidocaine gel on the port site or neck access for 2 weeks.

Avoid contaminating the port site – this includes any environment where there is exposure to debris or environmental contagions including air travel and pets in bed for 2 weeks.

If the port site is accessed with a needle, do not change the dressing and do not get the area wet. Follow instructions provided by your infusion center for further information.

**Pain Control:** You may take Tylenol for pain. You may take Advil or Ibuprofen 2 days after the procedure unless contraindicated. Blood thinners may be resumed 2 days after the procedure or as instructed by prescribing physician. Cold or hot compresses may be applied as needed.

### **Call us *immediately* if you experience any of the following:**

- ❖ Temperature greater than 101°F
- ❖ Increased redness or swelling at the incision site
- ❖ Active bleeding or drainage from the incision site
- ❖ Increasing chest pain with or without activity
- ❖ Severe pain around the incision site
- ❖ Swelling or pain in the arm on the side of the incision
- ❖ Open incision site

**If you have any questions or concerns, please call  
Radiology Associates of Atlanta at 404-352-1409**