Care After Having A Port-a-cath

After A Port-a-cath Insertion:

- A responsible adult driver must take you home and stay with you overnight
- You should not perform any tasks that require coordination, skill or judgment such as driving a car for 24 hours after your procedure
- Do not make any legal or financial decisions for 24 hours after your procedure
- Do not have alcohol or sleeping pills for 24 hours after your procedure
- Rest for the remainder of the day
- You can resume your normal diet
- Always keep your Port-a-cath card with you. It shows what type of device was implanted
- Your Port-a-cath will need to be flushed at least once a month if it is not being used. This will be taken care of by the home care nurse
- You may have some mild pain or cramps. You can take Tylenol or other non-aspirin pain medicine. You may be given a prescription for pain medication
- You can resume your regular medications. You will be advised when you can resume blood thinners if you take them.

Care of Your Port-a-cath Site:

- Protect the skin over your port. Don't wear tight bras, suspenders or carry a purse or bag across your chest
- You can remove the dressing 2 days after your procedure. You may shower or bathe after the dressing has been removed.
- Do not peel off the Steri-strips (they look like strips of tape) under the dressing. They will fall off on their own

Go To the Emergency Department If:

- You develop shortness of breath with or without dizziness
- You have chest pain
- There is pain, swelling, redness or drainage (fluid) around your incision
- If there is swelling on your neck, face or arm on the side where the port is inserted
- There is any fresh (bright red) bleeding coming through your dressing or after you remove the dressing
- A fever with or without chills
  Special Instructions for You:

Last pain medication given at:_____

Other:_____

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References:
What to Expect When Getting a Port a Cath, University Health Network Patient Education