Discharge Instructions for Chestport Removal

What To Expect

- You will have sutures (stitches) under your skin that dissolve and don’t need to be removed.
- You will have a dressing over your incision (surgical cut) site.

Wound 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 the dressing immediately.
- To bathe or shower you can either cover the dressing with plastic wrap (like Saran Wrap) and tape the edges - OR - use a waterproof dressing.
- Wash your incision site gently with soap and water. You may want to avoid having the shower stream land directly on the incision area. Rinse your skin well and pat it dry with a soft towel. Do NOT rub.
- After your shower, we recommend keeping the site covered for 10 days. (It takes about 10 days for your incision to heal.)
- Do not take a bath or go in a pool for 2 weeks after your procedure.

Pain

- Immediately after your chestport is removed, the area will still be numb from the local anesthetic used during the procedure.
- The anesthetic will wear off after a few hours. If you have discomfort, take the pain medication recommended by your doctor.
- Call your doctor if you still have pain after taking the recommended medication.

Activities/Restrictions

- When you get home, rest.
- You can go back to your regular diet.
- Do not lift anything heavier than 10 pounds (4.5 kilograms) for 10 days.
- No strenuous activity for 10 days.
- Don’t play any contact sports (football or rugby) for 6 to 8 weeks.
When to Call
Call your doctor if you have:

- any signs of infection around your incision site after the first few days such as redness, pain, swelling, or pus
- A temperature of 100.4°F (38.0°C) or higher, chills
- Pain that’s not controlled with prescribed medication

If you have bright red blood at the site where your port used to be, apply pressure to the site and call.

If you feel you are in a life-threatening situation (chest pain, difficulty breathing, heavy bleeding), call 911 or go to the nearest hospital emergency department.

Contact Information
If you have any questions or concerns, call your doctor or nurse. The Centers (clinics) are open 8:00am to 5:00pm.

If you’re calling after hours, your call will be answered by the nurse triage or call center staff and they will assist you.