

# Discharge Instructions: 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. Change the dressing every other day until a scab forms (about 7-10 days).
- To shower: You can either cover the dressing with plastic wrap (like Saran Wrap) and tape the edges - OR - use a waterproof dressing. 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, which is about the time it takes to heal.
- Do NOT take a bath or go in a pool or tub for 14 days (2 weeks) after the procedure.

## Pain Management

- Immediately after your chestport is removed, the area will still be numb from the local anesthetic we 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.

## Activities/Restrictions

- When you get home, rest. You can go back to your regular diet.
- No strenuous activity for 10 days. Do not lift anything heavier than 10 pounds for 10 days. No contact sports for 6-8 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 medication
- bright red blood at the site where your port used to be. Apply pressure to the area and then call.

The number for the Diagnostic Radiology Center is **716-845-5992**. Centers are open 8:00a.m. to 4:00p.m. Main Hospital (24/7): **716-845-2300**. After hours, your call will be answered by the call center staff who will assist you.

**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.**