Discharge Instructions: Chestport Placement

What to Expect
- Slight pain/soreness at site for 24-48 hours
- Slight bloody drainage
- Low-grade fever of 99°-100°F (32.7° - 37.7°C)

You Can…
- restart all your medications (except blood thinners)
- take acetaminophen (Tylenol®) or other prescribed pain medications
- apply ice to chest port site if experiencing pain (on for 10 minutes off for 20 minutes while awake)
- restart your regular diet

Restrictions
Do NOT…
- drive or drink alcohol for 24 hours
- strain, perform strenuous activity, or lift anything heavier than 10 pounds for 7 days
- raise the arm of the affected side above shoulder level (more than 90 degrees) until the incision is healed (about 10 days)
- take blood thinners for 24 hours (this includes aspirin and ibuprofen/Advil®)
- remove the Steri-strips™ if present - they will fall off over time

Wound Care
- Cover dressings with plastic wrap before taking a shower.
- If you have 2 dressings, remove the top dressing in 2 days and leave it off.
- Change the bottom dressing in 2 days and again in 4 days. Remove the dressing after another 4 days (8 days from the procedure). Leave the dressing off.
- If the chest port is used within 10 days, have the nurse recover the site with a gauze and Tegaderm.

Call Us If …
- the chestport site has redness, pus, pain not relieved by medication (signs of infection), or excessive bleeding
- you have a fever over 100.4°F (38 °C) with chills that lasts longer than 24 hours

Interventional Radiology Department: 716-845-5992
Roswell Park Main Number (24/7): 716-845-2300

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.