

# Discharge Instructions: Chest Port 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 your medications right away (hold blood thinners for 24 hours, this includes aspirin and ibuprofen/Advil® )
- 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, and repeat 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 5 days)
- remove the Steri-strips™ if present - they will fall off over time

## Wound Care

- Cover dressings with plastic wrap before taking a shower for 5 days \_\_\_\_\_
- On day 2 \_\_\_\_\_, remove all dressings and replace bottom dressing only
- On day 5 \_\_\_\_\_, remove bottom dressing and leave dressing off
- If the chest port is used within 5 days, have the nurse recover the site with a gauze and Tegaderm.

## Call Us If ...

- the chest port 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

**Special Procedures/2 West: Monday – Friday 8:00 a.m. - 4:00 p.m. Phone: 716-845-5992**

**After hours, call 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.**