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.