Hennick Humber Hospital

Interventional Radiology

After Your Port Removal

We have removed the **Port-a-Cath** (**port**) from your chest. To do this, we made a small incision (cut) on your chest.

SIGNS AND SYMPTOMS

After a port removal, it is normal to have:

- Some discomfort or pain.
- A small amount of swelling and bruising where we removed the port. This should go away after about 1 to 2 weeks.

Check your incision every day for signs of infection, such as:

- Redness at the incision site (after bruising goes away).
- Drainage (thick, cloudy, yellowish liquid with a bad odour) oozing from the incision site.
- Worsening pain or discomfort that is not relieved with pain medicine.
- Warmth around the incision (it is hot to the touch).
- A temperature of 38ºC (100.4ºF) or higher.

If you have any of the above signs or symptoms, call the Cancer Clinic at (416) 242-1000 ext. 21500 (Monday to Friday (except statutory holidays), from 8:00 a.m. to 2:30 p.m.). **If you cannot reach the Cancer Clinic, go to your nearest Emergency Department right away.**

MEDICINES

PAIN MEDICINE: If you have any pain, we recommend that you take regular strength acetaminophen (Tylenol™) or extra strength acetaminophen (Extra Strength Tylenol™).

- Take 1 or 2 tablets every 4 hours as needed, unless instructed otherwise.
- Do not take more than 8 tablets of extra strength acetaminophen in any 24-hour period.
- Do not take acetaminophen if you are already taking other medicines that contain it (for example, Tylenol 1, Tylenol 2, Tylenol 3, Percocet, Oxycocet). If you are not sure which medicines have acetaminophen, please speak with your doctor or pharmacist.

REGULAR MEDICINE: You may restart your regular medicine unless your doctor tells you otherwise.

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APPOINTMENTS

- Keep all follow-up appointments, as told by your doctor.

RESULTS

- You have no results/reports pending from this procedure.

TALK WITH ME (ABOUT MY CARE)

INCISION CARE:

Under the skin, we closed the incision with stitches that will dissolve on their own. You will not see these stitches. These stitches will take 4 to 6 weeks to dissolve.

On top of the skin, we used small white pieces of tape (Steri-Strips) to close the incision and then covered it with a clear plastic waterproof dressing, called Tegaderm. This incision may take up to 2 weeks to heal.

- **For the first 24 hours:**
  - » Keep the dressing and your incision dry.
- **After 24 hours:**
  - » You may remove the Tegaderm dressing, but do not remove the Steri-Strips. The Steri-Strips will fall off on their own, or you may gently peel them off after 7 days.
  - » You may shower after you remove the dressing. You can get the Steri-Strips wet when showering. If the incision gets wet, gently pat it dry. Do not rub.
- **For the first 2 weeks**:
  - » Do not soak your incision in water (for example, do not take a bath or go swimming).
  - » Do not apply any creams or antibiotic ointments to the incision.

The incision on your skin will turn into a thin scar that will fade over time. It may take up to 1 to 2 years for the scar to fully develop. Some people, especially those with darker skin, may develop a keloid scar, which is thick and raised.

- To reduce the appearance of the scar, do not expose it to ultraviolet light (like the sun or tanning beds) while it is healing. This will cause the scar to darken.
- There is no evidence that Vitamin E and/or Bio-Oil work to reduce the look of the scar. Vitamin E may actually cause the scar to widen.

DIET:

- You may resume your regular diet after the procedure.

ACTIVITY:

- Do not do strenuous activities (such as heavy lifting or exercise, jogging, sports) for 2 weeks, until the incision has fully healed. When you feel ready, you may try walking for a few minutes every day.
- Do not smoke, or use any products that contain nicotine or tobacco. These can delay healing
- After 2 weeks, you may gradually resume your normal activities.

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English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazoni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.