

## Anaesthetics

# Discharge advice following an implanted port insertion

### Introduction

This operation involves placing a port into your body to enable long term intravenous (IV) therapy.

### Diet

After your operation you may resume your normal dietary intake.

### Mobility

You may resume normal daily activities the day after your procedure but avoid lifting for a week after your surgery. Strenuous exercise should be avoided for a week.

### Bathing

The skin glue, covering the wound, must remain dry for 48 hours; after that you may have a shower. In some circumstances the dressing will be applied – you should be instructed how to manage it. You may have a bath once the wound is fully healed, which is usually 1-3 weeks.

If your chemotherapy is scheduled within the next couple of days after port insertion you may have a 'gripper needle' (Huber needle) left in. You cannot shower/bath or drive until the needle is removed.



## Patient Information

### **Driving**

You may resume driving next day if you do not need painkillers. It is always advisable to confirm this with your insurance company.

### **Return to work**

You may return to work but avoid heavy lifting or strenuous tasks for a week.

### **Pain relief**

Whilst in theatre, local anaesthetic will be injected into your wound, which should keep you pain free for two to six hours, until you reach home. You may then take your own, over the counter pain killers such as Paracetamol based products (for example Paracetamol, Panadol, Paracodol etc.)

This should relieve any pain or discomfort you may suffer. Please take these tablets regularly for three to four days but do not exceed the stated dose. It is advisable not to take Aspirin-based pain killers as this may increase the risk of further bruising.

If, however, you take Aspirin as a routine medication, ask the doctor inserting your port when to take the next dose.

### **Always read and follow the instructions on medicines carefully**

### **Blood thinning medication**

If you have been advised to stop or amend your blood thinning medication before the procedure then, the clinician performing it, should direct you regarding post procedure re-commencing of your routine tablets or injections.

## Patient Information

### **Wound care**

Your stitches in your chest are dissolvable so will not need removing.

Check the wound for signs of bleeding. A little oozing is normal, but if there is excessive or fresh blood apply a little firm pressure over the wound using clean gauze for 10-15 minutes.

If the bleeding does not stop or if you are experiencing any problems, please contact us on telephone 024 7696 4000 (main hospital switchboard) and ask to speak to the:

**Vascular access team on 25900**

**Or**

**Contact the Day surgery Unit on: Telephone number 024 7696 6861**

If your wound:

- Begins to swell;
- Starts to smell;
- Discharges secretions or bleeds;

Contact your GP or your team using the Port-a-cath.

### **Follow up appointment**

Your Port-a-cath will be cared for by the team administering your intravenous treatment.

### **Contact details**

If you have any concerns or problems following your operation, please contact the Day Surgery Unit: Telephone 024 7696 6868 or 024 7696 6861 between the hours of 08:00am and 9:00pm

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6868 and we will do our best to meet your needs.

## Patient Information

The Trust operates a smoke free policy.

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