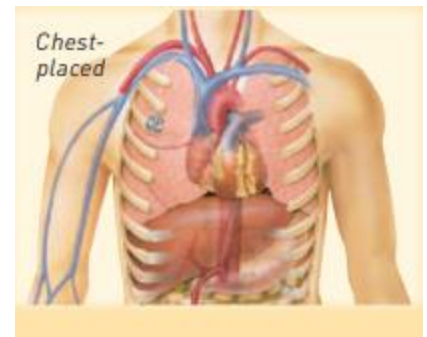


## Implanted Port and Care of Port Surgical Oncology

### What is a portacath (Mediport)?

A portacath is a small medical device that is implanted beneath the skin. It is made of two parts:

1. A soft, thin hollow plastic tube known as a catheter. The tube is tunneled under the skin with the tip sitting just outside the heart.
2. A port or disc (2.5- 4cm in diameter), which is inserted in the chest and attached to the tube.



### Home Care

The portacath requires very little maintenance once the skin has healed. It is not visible to the outside but a small bump may be felt where the port was inserted. You may have a shower, bath or swim.

Your portacath needs flushing once every four weeks when not in use. If you come in for treatment more frequently than four weeks, it will be flushed during these times. If your appointments are less frequent, you will need to see the nurse or doctor looking after you in clinic to have it flushed.

After your port insertion, follow these directions.

#### For 3 weeks:

- **Do not** lift more than 20 pounds
- **Do not** perform any activities where you raise or stretch your arms above your head, such as tennis or golf. It is okay to raise your arms to wash your hair and get dressed.

#### For 4 weeks:

- **Do not** submerge the incision in water.

These precautions allow the incision to heal. Once the incision heals, no special care is needed. You may continue your normal day-to-day activities. **Do not** use a rifle or shotgun on the same side as the port. If this is a concern, talk with your surgeon on the day of your procedure about other placement options.

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## Follow-up Care

Call the Clinic if you have any of the following symptoms:

- Swelling
- Redness, tenderness or heat
- Bleeding
- Drainage or discharge from the incision area
- Pain that gets worse
- Skin separation

## Additional Information

- If you are scheduled to receive chemotherapy on the same day as your port insertion, the surgeon will place a needle into your port while you are in the operating room. Once you are finished with chemotherapy, the needle is removed and a new sterile dressing is applied.
- If you are on a blood thinning medicine or bruise easily, hold pressure over the **dome** of the port for 5 minutes after the needle is removed.
- You will receive a **Medical Alert Identification (ID) Card** with important information about the port (brand name, type of port and lot number). Keep it with you in a safe place like your wallet or billfold.
- The port should not set off any security alarms. If it does, just show your Medical Alert ID Card.
- Your port stays in place for as long as you need it.
- Removal of the port is done in an outpatient clinic procedure room.

## Special Instructions

Go to the nearest hospital emergency center if you have:

- Severe pain or pain that gets worse
- Fever of 100.4°F (38°C) or higher
- Shortness of breath
- Swelling in your arm or neck

## Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*

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