



CENTRAL CAROLINA SURGERY, P.A.

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PORT-A-CATH: POST OP INSTRUCTIONS

Always review your discharge instruction sheet given to you by the facility where your surgery was performed.

1. A prescription for pain medication may be given to you upon discharge. Take your pain medication as prescribed, if needed. If narcotic pain medicine is not needed, then you may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.
2. Take your usually prescribed medications unless otherwise directed.
3. If you need a refill on your pain medication, please contact our office. All narcotic pain medicine now requires a paper prescription. Phoned in and fax refills are no longer allowed by law. Prescriptions will not be filled after 5 pm or on weekends.
4. You should follow a light diet for the remainder of the day after your procedure.
5. Most patients will experience some mild swelling and/or bruising in the area of the incision. It may take several days to resolve.
6. It is common to experience some constipation if taking pain medication after surgery. Increasing fluid intake and taking a stool softener (such as Colace) will usually help or prevent this problem from occurring. A mild laxative (Milk of Magnesia or Miralax) should be taken according to package directions if there are no bowel movements after 48 hours.
7. Unless discharge instructions indicate otherwise, you may remove your bandages 48 hours after surgery, and you may shower at that time. You may have steri-strips (small white skin tapes) in place directly over the incision. These strips should be left on the skin for 7-10 days. If your surgeon used Dermabond (skin glue) on the

incision, you may shower in 24 hours. The glue will flake off over the next 2-3 weeks.

8. If your port is left accessed at the end of surgery (needle left in port), the dressing cannot get wet and should only be changed by a healthcare professional. When the port is no longer accessed (when the needle has been removed), follow step 7.
9. **ACTIVITIES:** Limit activity involving your arms for the next 72 hours. Do no strenuous exercise or activity for 1 week. You may drive when you are no longer taking prescription pain medication, you can comfortably wear a seatbelt, and you can maneuver your car.
10. You may need to see your doctor in the office for a follow-up appointment. Please check with your doctor.
11. When you receive a new Port-a-Cath, you will get a product guide and ID card. Please keep them in case you need them.

WHEN TO CALL YOUR DOCTOR (336-387-8100):

1. Fever over 101.0
2. Chills
3. Continued bleeding from incision
4. Increased redness and tenderness at the site
5. Shortness of breath, difficulty breathing

The clinic staff is available to answer your questions during regular business hours. Please don't hesitate to call and ask to speak to one of the nurses or medical assistants for clinical concerns. If you have a medical emergency, go to the nearest emergency room or call 911. A surgeon from Central Carolina Surgery is always on call at the hospital.

For further information, please visit www.centralcarolinasurgery.com

