

Portacath Insertion -Post op Instructions

Dressings.

At the end of your operation you will have a clear **Tegaderm** dressing placed over the incision. Unless you are specifically advised, there will be no sutures to remove.

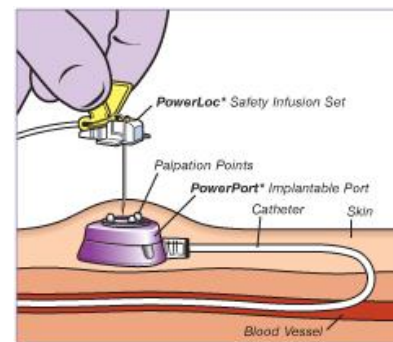
Avoid getting the dressing wet for 48 hours. After this, you may shower normally and pat the dressing dry with a clean towel. **Remove the Tegaderm after 4 days.** You may then continue to shower normally, and gently pat the wound area dry with a clean towel. Avoid swimming or baths for 7 days, but you may swim after that.

Return to work, travel and exercise

You should not drive for 24 hours after an anaesthetic. Otherwise, there are no restrictions on travel, including air travel. You may participate in light exercise after 48 hours, avoid strenuous upper-body exercise for 7 days. You may return to work as soon as you feel able.

Using the port

The port may be used immediately. It should only be accessed by appropriately trained persons, but may be used to draw blood, deliver medications or inject contrast for CT scans.



Follow up

If you are not in regular contact with medical or nursing staff, please telephone the rooms on 69216400 to make an appointment to see Mr Airey one week after the operation.

If you are in regular contact with nursing or medical staff (such as nurses from the Cancer Care Centre) who are accessing or viewing the port site, you may rely on them for advice about the port and whether further review is needed.

Things to look out for:

Contact the rooms for early review if you, or your care providers have any concerns, particularly if:

- the wounds appear increasingly red or painful,
- Is a lump develops over the port site and increases in size.
- if you have any shakes, shivers or other signs of infection
- if there is increased swelling in the arm or the neck on the side of the port
- if you have sudden onset of chest pain or shortness of breath.

If the situation seems urgent, or you are unwell, please present to the Emergency department of the Wagga Wagga Rural Referral Hospital.