Post-Op Instructions Following **Port Placement**

**\*If you have increasing redness around the incision sites, thick drainage, or fever above 101°F**

**call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

*What to Expect*

* **Pain** - Everyone’s pain tolerance is different. You may be very sore for 1-3 days following your surgery. Each day will get better, thereafter (*i.e. you will begin to notice improvement on day 4-5*). However, you may not feel 100% improved for 4-6 weeks after surgery
* **Bowel Movements** - It is not unusual to go a day or two without having a bowel movement after your surgery. However, it is not acceptable to go more than a few days without a bowel movement.
  + Refer to our “Preventing Post-Op Constipation” sheet for instructions to follow immediately after your surgery. *Available on our website.*
* **Drainage -** Your incision(s) *may* drain a small amount.
  + Clear to light pink/red drainage is normal a few days after surgery. If the area is constantly wet notify our office.
* **Fatigue -** You may feel tired after surgery for several weeks. You should plan on about 85% improvement by post-op day #7, however, you might not feel 100% for 6 weeks after surgery. Continue to be active, but allow time to rest.
* **Swelling** - You may turn black and blue (bruise) around your incision and surrounding tissue. Gravity will push the bruising down as it resolves. Swelling may become severe at times.

*Instructions*

* **Ice / Heat** - You may apply ice to incision for 1st day after your surgery in 15-20 minute increments. *Be sure to place a towel between your skin and the ice pack to avoid direct contact. Not very effective after 24 hours.*
  + A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. **Do not use high heat**.
* **Skin Glue** (*Dermabond*) – if this was placed in the operating room you will not have any dressings to your incision(s). If this is present (*and your port is not accessed – needle& tubing visible*), you may begin showering immediately after your surgery.
  + Some people can develop allergies to the skin glue. If you notice increasing surrounding redness or itching to your incision please notify our office.
* **Showering** – If you do not have skin glue, remove your outer dressing(s) and shower **2 full days** after your surgery. You may re-cover with gauze if you prefer, but this is only necessary if you are having drainage.
  + Do **NOT** soak healing incision site(s) – *i.e. a bath, hot tub, swimming pool*
  + If you have small strips of tape directly on your skin (steri-strips), under your dressing, leave those on and do not remove them until 7-14 days after surgery.
  + The sutures used in your incision are most likely self-dissolving and should not need to be removed.

*Medications*

* You may be sent home with prescription pain medicine. Try to first control pain with your usual over the counter medications, like Tylenol or Ibuprofen (*Advil*), following the package instructions. Use the narcotic pain prescription only if the Tylenol or Ibuprofen is not effective.
  + You **cannot** drive while on prescription pain medicine.
  + All narcotics can cause severe constipation, as well as possible nausea and vomiting.
    - Refer to “Preventing Post-Op Constipation” education sheet for instructions (*found on our website*). We recommend starting these measures as soon as you arrive home from your surgery.

*Restrictions*

* Depending on what you had done, you may have a restriction to not do any strenuous exercise for 4-6 weeks after surgery unless directed otherwise.
* You may walk as much as you want, and we recommend that you move as much as possible.
  + Fatigue after surgery is normal and can take up to a few weeks to completely resolve.
* **Diet** – there are no dietary restrictions for this surgery

*Follow Up*

* You will follow up with your oncologist who ordered the port
* You will NOT make a follow up appointment in our office unless you are having issues or concerns with the incision site or port
* **If you have increasing redness around the incision, drainage, or fever above 101°F call the office.**

**[](http://www.stlouissurgical.com/index.html)The office is open for phone calls from 8:30am - 4 pm Monday-Friday. For an after-hours emergency, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.**

**Thank you for choosing**

*Be sure to check out* [*www.StLouisSurgical.com*](http://www.StLouisSurgical.com) *for information & instructions, videos, and MORE*

*Once it is time for your port to be REMOVED, your oncologist will need to send an order to our office requesting it be removed.*

*We will then call you to schedule this.*