DISCHARGE INSTRUCTIONS ATFER PORTACATH PLACEMENT

WHAT TO EXPECT AFTER SURGERY

- You should expect a fair amount of pain at the incision site. This should improve quickly.
- You will feel a lump under the skin- it is the port. This is normal.

DIET AND BOWEL HABITS: Eat your usual diet with plenty of fruits and vegetables and bran cereal. Drink about 8 glasses of fluid/water daily. We strongly recommend a fiber supplement like Citrucel or Metamucil taken once or twice daily. You preferably should have a soft, yet formed BM daily without straining. You should take a laxative while on narcotics. Options include Miralax 1 or more tablespoons daily, Kondremul 1-2 tablespoons daily or Dulcolax 2 tablespoons 2 times per day until you have a BM. If you are having liquid BM's, then stop.

CARE OF SURROUNDING SKIN: You may wash with soap and water. Please watch for signs of infection including redness, swelling and drainage. Call the office for further instructions if this occurs.

ACTIVITY: This is determined by your comfort level. Driving should wait until at least 48 hours after surgery and no narcotics within 8 hours of driving. You should only do light activity for 2 weeks while the port secures into place.

FOLLOW-UP: Please call the office at **503-281-0561** to schedule a follow-up visit if you do not have any plans to see your Oncologist in the next 2 weeks. Otherwise, the Oncologist and his staff will monitor the port site. However, if you are experiencing increasing pain, fever (>101F), or any other concerning issues call to be seen sooner.

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Instructed by: _____

Released To: _____ Date: _____