**MEDIPORT POST OPERATIVE INSTRUCTIONS**

**Care of the Incision**

After the surgery, the incision will be covered with a gauze dressing. This dressing may be removed after 48 hours. Under the dressing you may find several thin paper tapes (steri-strips) covering the incision. The Steri-strips should be left in place. The stitches are underneath the skin and will dissolve. You may find Dermabond adhesive glue over the incision. Keep adhesive clean, dry and intact for 48 hours, then you may shower. Your mediport can be accessed any time after your discharge from the hospital. You may shower once the dressing is removed. Do not scrub the incision. Just let the water run over it and then gently pat it dry. Do not submerge the incision for 1 week (no baths, hot tubs or swimming pools).

**Comfort Measures**

For the first few days, it is common for the area around the incision to be swollen, discolored (black & blue) and sore. To help reduce swelling, apply an ice pack to the swollen area for 15 to 20 minutes every hour for 3 days or more as needed. Wear loose, comfortable clothing. We recommend the use of over-the-counter anti-inflammatory medication such as Ibuprofen (Advil, Motrin, Aleve) to minimize swelling, inflammation and pain. Take medication every 4-6 hours with food.

**Activity**

Lifting with arm on side of mediport should be restricted to 10-15 pounds or less for 2 weeks. Avoid pushing, pulling, straining, or any strenuous activity. You may climb stairs. You may drive if not using narcotic pain medication and if you are comfortable enough behind the wheel and can safely operate the vehicle.

**Return to Work**

You may return to work when you feel you are ready at any point after surgery.

**Follow-up Office Visit**

Mediport may be accessed by providers/healthcare professionals who are trained/credentialed to access your mediport (cancer centers, home care nurses, etc). They will assess the area and monitor your healing. We will see you back for maintenance and flushing if necessary and mediport removal once approved by your doctors and when treatments are complete.

**When to Call the Office**

Do not hesitate to call the office if you develop a fever (temperature greater than 101), shaking chills, bleeding, increasing redness or drainage from your incision, or with any other problem that concerns you.