

Instructions

- Maintain an upright position for the first eight (8) hours after mediport removal (example: sitting in a recliner or chair)
- You may take Tylenol - as bottle instructions state, for site discomfort, unless you are allergic and/or have a contraindication
- Apply ice to site as needed, 20 minutes on and at least 20 minutes off. Be careful not to get site wet, keep cloth between skin and ice. Keep skin clean and dry

Special Note to Women: It may help to wear a well-fitting bra for the next 3 days to decrease pulling of tissues at port site.

Activity

- No strenuous activity for five (5) days
- No heavy lifting for five (5) days

Dermabond Instructions

- Keep incision dry.
- **Do not pick, scratch, or rub** the glue on the incision line, so it does not loosen before the incision is healed.
- You may shower after 24 hours. When you shower or bathe, let the water run over the incision site but **do not rub**. Pat the incision gently with a soft towel to dry.
- **Avoid direct sunlight** to the incision line and **do not use** tanning beds or lamps with the glue film in place.
- **Do not apply** any cream, lotion, or ointment to the skin near the wound. It could loosen the glue before the areas heals.
- **Do not apply** any tape, sticky dressing, alcohol, or peroxide to the site for the first 7-10 days. These could loosen the glue.

Instructions due to Conscious Sedation:

- **Do not** participate in activities where you could become injured for the next 24 hours or until you feel normal again. For example do not: drive, operate heavy machinery, cook, or use power tools.
- **Do not** make important decisions or sign legal documents for the next 24 hours.
- Only take over-the-counter or prescription medications for pain, discomfort, or fever, as directed. If pain medications have been prescribed for you, ask your healthcare team when it will be safe to take
- You should not drink alcohol, take sleeping pills, or medications that cause drowsiness for 24 hours.

Notify your doctor to report any of the following:

- Fever and/or chills
- Redness, swelling, warmth, or bleeding or other drainage from the site
- Increased pain from the site
- Shortness of breath or difficulty breathing

Go to closest Emergency Room to seek Emergent Medical care.