



# NORTH YORK GENERAL

*Making a World  
of Difference*

## Department of Medical Imaging - Post Port Implantation

### Instructions

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1. Please get plenty of rest for 24 hours after the procedure.
2. There are no diet restrictions. You may eat what you wish.
3. Avoid, for 24 hours:
  - Strenuous exercise
  - Lifting heavy objects
  - Medications containing A.S.A/Aspirin
  - Driving or operating heavy machinery if you have received sedation
4. You may restart your routine medications unless otherwise instructed by your Physician.
5. Patients should have a ride to and from the hospital, or take a taxi. We do not recommend that you take public transit.
6. You may shower after 72 hours. Allow the dressing and steri-strips to come off on their own. If the dressing is not off in 5 days, then remove it carefully. The steri-strips should come off in about 7 days. If they have not fallen off, soak the area in the shower and carefully remove them. If the incision is healed, the area can be left open to the air. Tub baths and swimming can resume in two weeks, unless otherwise instructed by the Radiologist or Referring Physician.
7. Consult your doctor, or go to the nearest Emergency department, if you experience any of the following:
  - Severe pain, bruising or swelling at the site
  - Oozing or leakage of fluid from the site
  - Change of colour or temperature at the site
  - Separation or gaping of the incision
  - Fever and/or chills
  - Shortness of breath
  - Faintness or lightheadedness