



Having your PORT removed

You were given this handout to plan for the removal of your PORT. A surgeon will remove your PORT. Your PORT is not removed until your systemic therapy treatment is finished. Your oncologist will send a referral to a surgeon. A clerk or nurse from the cancer centre will call you with your PORT removal appointment. The surgeon may book an appointment to see you before your PORT is removed. At this appointment, the surgeon will review your bloodwork and medications. The surgeon's office will call you if you need this appointment.

Before the appointment to have your PORT removed

- Eat your normal meals and drink fluids. You do not need to fast before this appointment.
- Take your regular medications as they are prescribed for you.
- If you are taking a blood thinner medication, the surgeon's office will call to give you information on when to stop your blood thinner(s) before your PORT removal.

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- Come to the Durham Regional Cancer Centre for this appointment. Check in at a computer in the cancer centre when you arrive for this appointment.
- The surgeon injects a local freezing into your skin around your PORT site. This freezes or numbs the area.
- A small incision (cut) is made along the scar line you have from when your PORT was put in.
- Your PORT is removed through this incision by the surgeon
- Your incision is closed with dissolvable stitches. It is covered with steri-strips (small bandaids) and a dry dressing.
- You will be in the cancer centre for about 30 minutes to have your PORT removed.

After your PORT is removed

- You may have mild pain or discomfort at your incision site for 1 to 2 days. You may take acetaminophen or ibuprofen to manage this pain or discomfort (unless the surgeon tells you not to). Follow the directions on the bottle or box.
- Keep your incision and dressing dry for 24 hours after your PORT is removed. Take the dressing off after 24 hours.
- You can have a shower or bath after 24 hours.
- Do not remove the Steri-strips as they should fall off on their own. The stitches are dissolvable and will not need to be removed.
- Using an icepack on your incision site can help lessen any swelling. Put the ice pack on for 20 minutes then take it off for 20 minutes. You can do this for the first 24 hours while you are awake. You do not need to use the icepack when you are sleeping.
- You can return to your normal activities the day after your PORT is removed.
- If your surgeon told you to stop taking your blood thinner(s), ask your surgeon when you should restart it.
- You can have another PORT inserted in the future if needed.

Go to a walk-in clinic or the emergency department at the hospital closest to you if you have any of these symptoms:

- Pain around your incision site that doesn't go away
- A fever above 38.3° C/100.9°F at any time or above 38.0° C/100.4°F for more than an hour
- Redness of the skin around your incision site.
- Any drainage from your incision site. This drainage may be yellow, brown or green.
- Any bleeding from your incision site.
- Swelling in your arm or shoulder

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to www.carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency. Talk to any member of your healthcare team if you have questions or do not understand any of the information in this handout.

Last reviewed: September 2023