Care After Your Tunneled Catheter Removal

**Port removal**
You may feel some pain or tenderness/swelling at the catheter site for a few days up to a week after it is removed. This should go away on its own, but you may try some of these measures to help decrease the amount of discomfort that you have.

1. **Ice** – ice is best if started right after your catheter is removed. Apply ice (crushed ice in a plastic bag covered by a towel) to the catheter site for 15 to 20 minutes every hour as long as you need it. **Do not sleep with an ice pack on because it may cause frostbite.**
2. **Heat** – you can apply a warm compress (small towel dampened with hot water and placed in a plastic bag or heating pad set on low) to your catheter site after the first 24 to 48 hours as needed for comfort. Apply heat for 15 to 20 minutes every hour as long as you need it. **Do not sleep with heat on because it may cause a burn.**
3. **Medication** – you can take over-the-counter (Tylenol, Motrin) medication as directed on the package to relieve pain and swelling as long as it does not interfere with any other medication that you are taking.

**Dressing**
A small puncture was made to take out your catheter. This was closed with dissolvable stitches. A dressing will be put over the catheter site before you leave today. To help your incision heal quickly, follow these instructions:
- Keep the site and dressing clean and dry at all times.
- You may shower but you must cover the dressing with a clean plastic wrap or bag and secure it with tape to prevent water from getting on the dressing.
- Do not take a tub bath, swim or sit in a hot tub for at least two to three days until your incision has healed completely.
- After three days your incision should be healed and you do not have to put dressings over the site any longer.

**Activity**
Do not lift anything over 10 pounds for the next two to three days. Heavy lifting may put extra strain on your incision and may cause it to bleed. Avoid touching the incision site until it is completely healed to prevent infection.

**Call your doctor if you have:**
- Temperature over 100.4° F
- Signs of infection such as redness, drainage or swelling around the site
- Swelling in the face, neck, or affected arm
- Pain in your shoulder, neck, or arms that becomes worse and does not go away
- Chest pain
- Trouble breathing

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