



BOULDER MEDICAL CENTER, P.C.

Department of Surgery

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Port Placement

While recovering from your surgery, please observe the following instructions:

1. Advance your diet slowly as tolerated. Drink plenty of fluids; at least six to eight 8oz glasses of water per day.
2. Take your pain medication as prescribed. You may use ibuprofen, 400-600mg every 8 hours, if you do not have a history of ulcers or sensitivity to anti-inflammatory medications.
3. You may remove the dressing over the incision within 48 hours after surgery and take a shower. **Do not** leave a wet dressing on—it will promote infection.
4. Limit activity on the side your port is on to no pushing or pulling, and avoid contact sports or strenuous exercise while the incision is healing.
5. Please call if you experience fevers, chills, painful enlarging swelling around the incision, redness or streaking around the incision, or persistent bleeding. Call your Surgeon's office, or 303-440-3000 for the on-call surgeon after-hours.
6. Your port will need to be flushed at least once a month, and after each use. This can be done at your oncologist's office.

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