

## Removal of Port-a-cath Discharge Instructions



- ✓ Rest at home today and gradually increase your activity as tolerated. Do not drive a car or sign any legal documents today. Have someone drive you home.
- ✓ You may shower using plain soap and water as desired.
- ✓ Pain management at home: take Panadol 1g every 6 hours as required.
- ✓ Please refrain from heavy lifting or vigorous exercising (aerobics and weight lifting) for 1 week.
- ✓ Remove your dressing on day 2 after your procedure.

**Contact Dr. Nascimento (Pager 07 3041 4100) at any time if you experience:**

- ✓ Severe pain or shortness of breath, severe nausea or vomiting, or shaking chills.
- ✓ Fever over 38°C.

A handwritten signature in black ink, appearing to read "Marcelo Nascimento".

Dr. Marcelo Nascimento