

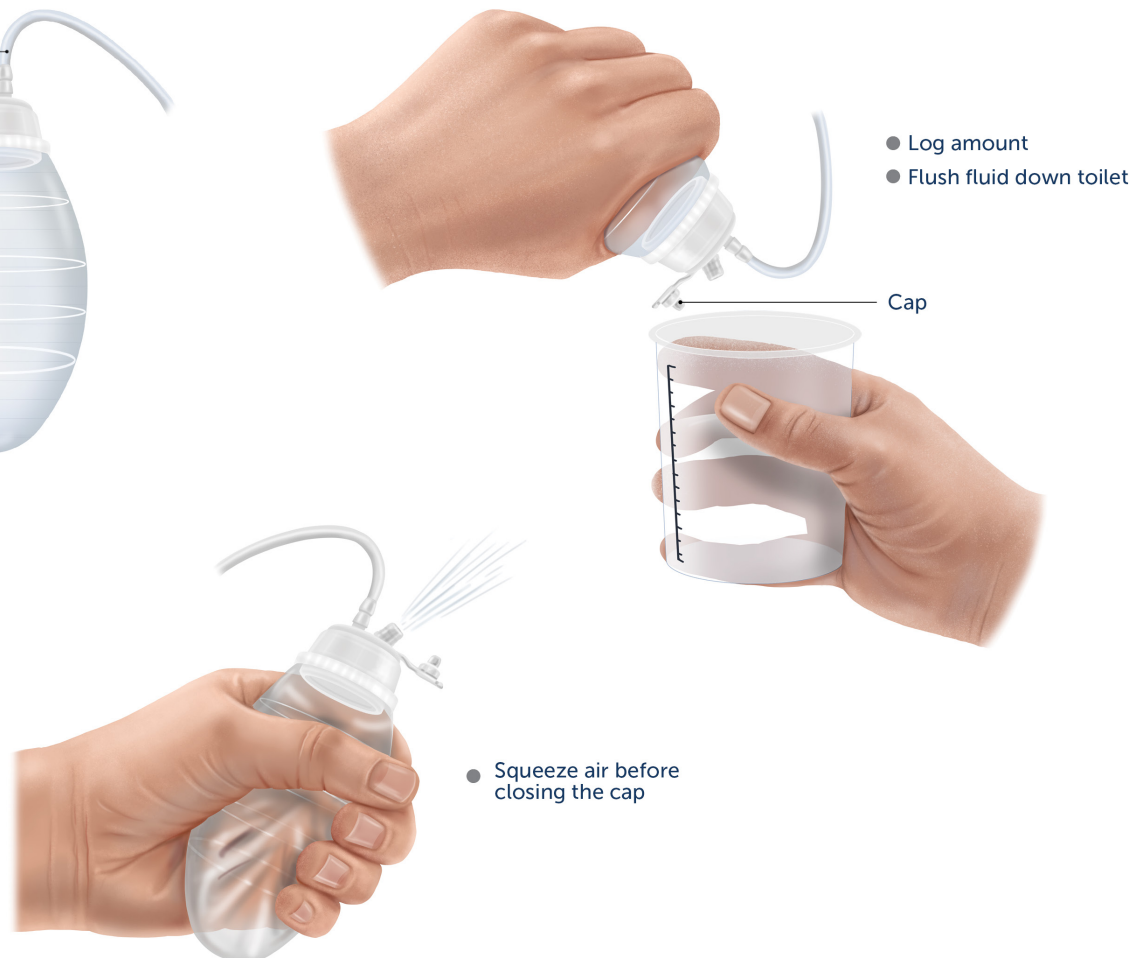
What Is a Surgical Drain?

A surgical drain is a small, flexible tube with an attached bulb on one end. The drain is placed under your skin to remove extra fluid after surgery. This helps prevent swelling and allows your body to heal better. You may have one to two drains on each side depending on your surgery.

How to Take Care of Your Drain

Emptying the Drain (2-3 times a day):

1. Wash your hands before and after touching the drain.
2. Strip the tubing.
 - Pinch the tubing closed with fingers of one hand, keep in place for next step.
 - Below the pinch, squeeze the tubing with the fingers of your other hand and slide the fluid down to the bulb.
 - This clears the tubing of any clot or debris.
 - The tubing may flatten, it will round again on its own.
3. Open the small cap on the bulb to release suction.
4. Empty the drain fluid into a measuring cup provided.
5. Record the amount of fluid removed from each drain on the log sheet.
6. Squeeze the bulb before closing the cap to re-start the suction.
7. Flush the drain fluid down the toilet.



Drain Site & Dressing:

- Keep the area around the drain clean and dry.
- Do NOT remove clear plastic adhesive dressing over drain skin entry site.
- Watch for increasing redness, swelling, or drainage that smells bad.

Preventing Problems:

- Do NOT rinse the inside of the bulb.
- Avoid pulling or tugging on the drain.
- Secure the drain to your clothing using a safety pin.
- Do not sleep on the side with the drain.
- Wear loose-fitting clothing for comfort.

What to Expect:

- The fluid may or may not change color from red to orange/pink or yellow.
- You may have the drain for at least 2 weeks, depending on how much fluid comes out.
- Your doctor will tell you when it is time for removal.
 - Often this is when there is less than 20 milliliters per day for 2 days in a row.

When to Call Your Doctor:

- Drain fills rapidly (more than 50 milliliters in 1 hour).
- Drain stops collecting fluid.
- Drain falls out or is not keeping suction.
- Drainage that is cloudy or smells bad.
- A fever greater than or equal to 100.4°F.
- Increasing redness, swelling, or pain around the drain site.

Activity and Self-Care

- Avoid lifting anything over 10 pounds (about a gallon of milk).
- Avoid raising your arm above your shoulder.
- Avoid activity that raises your heart rate (examples: exercising, vacuuming, raking, moving furniture...).
- Do NOT drive with a drain (for your safety).
- Take pain medicine as prescribed/recommended if you feel discomfort.
- Follow your doctor's instructions about showering.

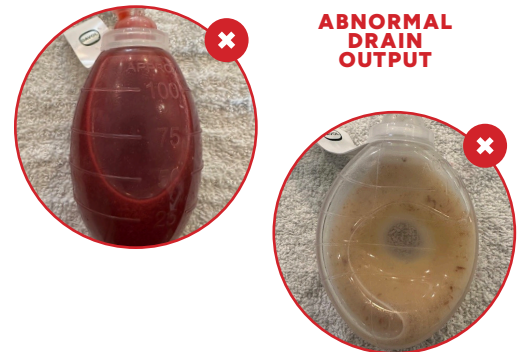
Removing the Drain

- Your doctor or nurse will remove the drain in the clinic.
- Most patients report minimal discomfort with drain removal.
- You will have a small gauze dressing over the area for 1-2 days after drain removal.
- Keep the area clean and follow any additional instructions.

**NORMAL
DRAIN
OUTPUT**



**ABNORMAL
DRAIN
OUTPUT**



**BULB
APPEARANCE
WITH SUCTION**



Call our office when drain output is less than 20cc for 24 hours for each drain.

NAME:

DATE OF PROCEDURE:

DATE	DRAIN #1 RIGHT/LEFT	DRAIN #2 RIGHT/LEFT	DRAIN #3 RIGHT/LEFT	DRAIN #4 RIGHT/LEFT

NOTES