

## JP Drain Instruction Sheet

During your surgery a drainage tube will be placed, possibly more than one, to remove fluid that would otherwise accumulate. This helps you to heal faster and decrease the risk of complications. Your drain(s) will be removed when the amount that they drain in a 24 hour period decreases to approximately 20cc.

### How to empty your drain and record the volume;



Your drain should be emptied every 4-6 hours (you don't need to wake up at night) and recorded on the flow sheet on the other side of this page. Remember, if you have more than one drain, record the amounts individually. The drains should be secured to your dressing or bra so there is no tension at the place where it enters your skin. This illustration shows a drain that is ready to be emptied.



Hold the bulb gently in one hand and release the stopper. This will allow you to empty the fluid. The photo to the right shows the stopper released.



Once the plug is opened, this is the only way fluid will come out. There is a one way valve inside the bulb and you will not be able to squeeze fluid back up the drain. Have the cup for measuring close by. Be careful not to spill or spray the contents to keep from staining your clothing or bedding. Set the measuring cup aside. Make sure to measure by using milliliters (ml) or cubic centimeters (cc), which are the same.



Gently squeeze the bulb and replace the plug to re-establish the vacuum. If you check your drains and it is not collapsed, it is not able to drain the fluid. If you see solid material in the drain tube, you can carefully strip the material down into the bulb to prevent it from being blocked. We will teach you how to do this if it is necessary.

**You should notify us:** if the drainage turns bright red and drains faster; if the amount is more than 50cc per hour for 2 hours in a row; if the drainage tube is accidentally pulled out; if the bulb will not stay compressed or hold a vacuum; if you have swelling or drainage at the drain insertion site; or for any other concerns you have.

