

A drain is used to help empty excess fluid from your body after your surgery.

The tubing end of the drain is sutured (stitched) into place near your surgical incision and connected to a bulb that will collect the excess fluid.

By collecting this excess fluid, your incision will be able to heal faster.



To listen to the instructions:
Scan this QR Code

YOUR DRAIN LOG

- Empty the drain bulb EVERY morning, EVERY evening, AND if the bulb becomes halfway full.
- Empty the drain bulb into a measuring cup so that you get an accurate measure of the amount coming from the drain bulb.
- Make sure you enter the date, time, and amount of fluid you collect from the bulb.
- Take this Log with you to your doctor's appointment.

Date	Time	Amount of Fluid



Drain Care

Instructions and Q&A



1**How do I make sure my drain does not pull out?**

- **SECURE YOUR DRAIN** so that it does not pull out. Although your drain has been stitched into place, you can avoid having it pull on your skin by securing it to your inside clothing using a safety pin. Take care to **NOT** make a hole in the tubing with the safety pin.
- **NEVER** let the bulb hang loose or drag the floor.

2**How often should I empty the bulb?**

- **EMPTY THE BULB EVERY** morning, **EVERY** night, **AND** if the bulb becomes halfway full.

3**What supplies will I need to empty the bulb?**

- **MEASURING CUP** will be needed to measure how much fluid you collect from the bulb.
- **DRAIN LOG** found on the back of this brochure or paper and pen to record the date, time and the amount of fluid that was emptied from the bulb.
- **KEEP THE LOG** and bring with you to your appointment so that your doctor can see how much fluid has drained.

4**What are the steps I should follow to drain the bulb?**

- **CLEAN YOUR HANDS** either by washing your hands with soap and water or using waterless hand sanitizer.
- **UNPIN THE TUBING** from your inside clothing.
- **STRIP THE TUBING** by holding the tubing closest to the stitch site with one hand. Use your other hand to pinch the tubing and slide your pinched fingers down the tube away from the stitch site and down to the bulb. This will help to remove any clots that may have formed in the tubing.
- **REMOVE THE STOPPER PLUG** from the top of the bulb. Make sure that you keep the bulb upright so that the fluid does not spill out.
- **EMPTY THE BULB** by turning the bulb upside down and squeezing all of the fluid out into the measuring cup.
- **SQUEEZE THE EMPTY BULB** to remove any air.
- **REPLACE THE STOPPER PLUG** while you are squeezing the bulb.
- **PIN THE TUBING** back to your inside clothing.
- **MEASURE AND RECORD** the amount of fluid and record this on the Drain Log along with the date and time.
- **DISCARD THE FLUID** from the measuring cup into the toilet and then rinse the measuring cup out with clean water and allow to dry.

5**Can I take a bath or a shower with a drain in place?**

- **DO NOT** take a bath, sit in a hot tub, or get into a swimming pool.
- **DO NOT** soak your stitch site in water.
- **YOU CAN SHOWER** and clean your stitch site following the instructions provided to you for your surgical incision care and cleaning.

6**When to call the doctor?**

- If your drain falls out.
- If the fluid from the drain turns from a light pink to a dark red color.
- If the fluid from the drain turns yellow/green or cloudy.
- If the fluid from the drain has a foul smell.
- If the redness around the stitch incision site increases or spreads more than about the size of a dime.
- If the stitch site becomes swollen or excessively warm.
- If you get a temperature of 100.5 degrees or higher.