

GENERAL AND SURGICAL ONCOLOGY SPECIALISTS OF CENTRAL PA

PATIENT EDUCATION

MANAGING YOUR DRAIN

DRAIN CARE:

- Remove outer dressing at 24 hours post op and shower.
- Keep skin areas clean with routine hygiene.
- If you develop drainage around the tubing place 4"X4" gauze around it held in place with tape and change as need to keep gauze dry.
- Strip the tubing daily as follows:
 1. Using your index finger and thumb, pinch the tubing at the site where it exits your skin just above the skin suture. This will hold the tubing in place and prevent it from being pulled out.
 2. Immediately adjacent to that pinch, pinch the tubing between your other hand's index finger and thumb.
 3. While keeping the tubing pinched next to your skin above the suture, slowly slide the other hand along the tubing towards the bulb, keeping a firm but gentle pressure. This will stretch the tubing but it will not break.

EMPTYING YOUR DRAIN:

- You may have to empty your drain several times daily. Please record all output on your drainage chart.
 - Do not let the bulb reservoir fill completely as drainage will stop and fluid may accumulate at your surgical site.
1. Before you begin, be in the bathroom with supplies ready.
 2. Wash your hands thoroughly before you start.
 3. Do not disconnect the tubing from the bulb at any time.
 4. Hold the bulb in an upright position with one hand and take the cap off with the other.
 5. With the bulb in one hand and the small measuring cup (received from hospital or office) in the other, turn the bulb over and gently squeeze bulb contents into the cup. If you did not receive a cup, use the measurement on the bulb itself. When the bulb is emptied of all fluid you will need to reactivate it.
 6. To reactivate, squeeze the bulb and replace topper to continue suction.
 7. Once you have a measurement, record it on your drainage chart.
 8. Measure drainage in CCs and not ounces.
 9. Discard the drainage into the toilet and flush.
 10. Rinse the cup so it is clean and ready to use the next time.
 11. Wash your hands thoroughly.
 12. Re-pin your drain to your clothing.
 13. It may be necessary to empty your drain multiple times each day.
 14. Be sure to bring your drainage chart to your follow-up visit.