

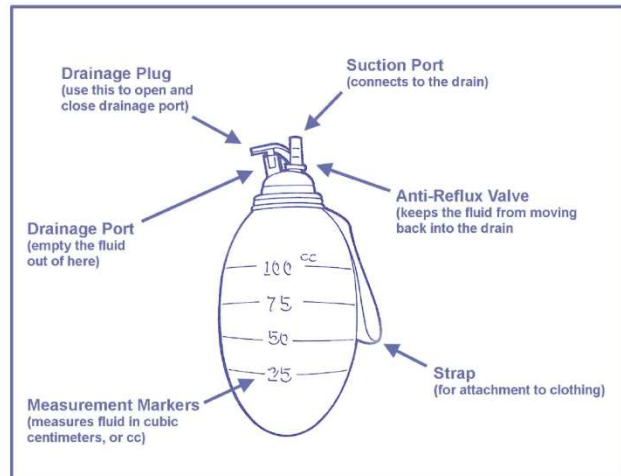
AFTER CARE INSTRUCTIONS for

– HOW TO TAKE CARE OF YOUR DRAINS

Your drain works by suction from the compressed bulb. This removes fluid from the surgical site and assists in wound healing. Before discharge from the surgery center you will be shown how to care for the drain and drain site. It is important that you follow these instructions and record the drainage amount on the sheets provided. You will need to bring these recordings to your next appointment with your surgeon.

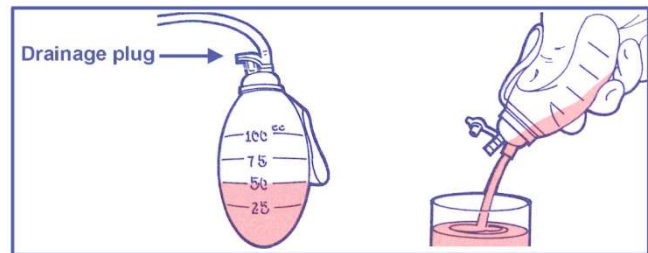
Care of the drain and drain site:

1. The drain should be stripped every 1-2 hours while awake. Use one hand to hold the drain securely next to the insertion site and using the other hand's thumb and forefinger squeeze all the way down the tube to the bulb. Using an alcohol wipe to strip eases this stripping motion.



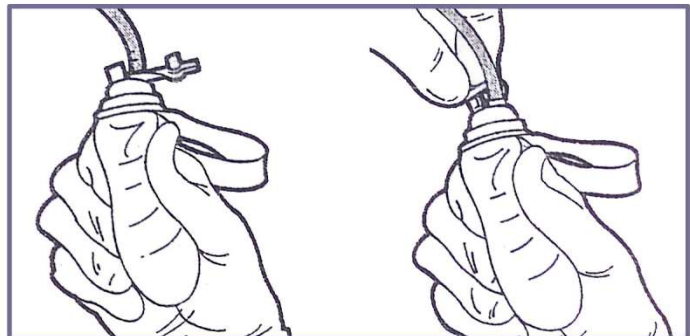
To empty the bulb:

1. Wash your hands.
2. Hold the bulb upright (drainage plug on top).
3. Remove the drainage plug to release pressure.
4. Allow bulb to fully expand.
5. Turn the bulb upside down and GENTLY squeeze the fluid in the medicine cup for accurate measurements in cc's.
6. Place the medicine cup on the counter.



To reactivate suction:

1. Squeeze the bulb to remove the air.
2. While squeezing, close drainage plug.
3. Release the bulb.
4. The bulb will stay collapsed or concave.
5. Wash your hands.



Important:

- When you shower, be sure to secure the drains, you should have been given a lanyard necklace that will make this easier for you to do, but you can use any string tied to your waist or around your neck to secure the drains to.
- Be sure to empty the bulb before it fills completely or the drain will not work properly.

- Keep accurate records on the amount and quality of fluid. Use the cup provided to get the most accurate measurements and remember to measure in millimeters (mL).
- Be careful to keep the drain tightly in place.
- An airtight seal is necessary between both the skin and the drain and the drain and the bulb for the system to work properly.
- Pay attention to how your wound is healing and keep accurate record for your surgeon.

After drain is removed.

1. Apply antibiotic ointment with cotton swab for two days following drain removal.
2. Cover with bandage for two days.
3. Call if the drain site continues to drain more than 48 hours after drain removal.

Notify your surgeon's office if:

- Drain falls out.
- Change in color of fluid or unusual amounts of fluid.
- Drain becomes clogged
- Fluids around drain site.
- Bulb does not stay flat after reactivating.

Measure and record the amount of drainage on the sheet below. It is also helpful to give a brief description of the type of drainage, i.e., dark red, watery pink, clear yellow. Empty your drains before the bulb becomes completely full. You will probably need to do this 3 to 4 times a day during your early post op days. It is important for you to clearly document how much drainage is coming from each drain over a 24 hour period. Precise measurement will help your surgeon decide when the drain is ready to be removed and ensures that it is removed as soon as possible!

Date	TIME	DRAIN #1 Output (mL)	DRAIN #2 Output (mL)