

Drain Care:

1. Prepare

Wash your hands before you touch your drains. Unpin the drain from your clothing, and rest it on a clean surface. Don't put the drain down on a surface that may have bacteria - you want to avoid infections.

2. Milking (Stripping) the Tube

Firmly hold on to the drainage tube where it comes out of your skin. With your other hand, squeeze the tube flat and slide your fingers down the tube until you have pushed all the fluids into the drainage bulb. It's okay for the tube to stretch while you're doing this.

3. Measure the Fluid

With the drain "off suction" (popped out), measure the fluid at eye level according to the lines on the bulb and record the amount on log sheet along with the date and time. Be sure to measure each bulb separately. Empty the fluid, squeeze the bulb in, and reattach the port so the bulb is again, "on suction".

4. Cleaning

Clean the opening and the plug with chlorahexadine or an alcohol swab.

5. Finish

Pin or secure the drain back in its place. Wash your hands.

Be patient, and remember that the drain will come out when your fluid volume is down to 30 ml or less in a 24-hour period.

6. Calling for Help

If you develop one of these problems, call your doctor for help:

- A temperature of 101 degrees or more
- Drainage fluid volume increases more than 100ml over 1 hour or suddenly stops
- Tube or tube stitch comes out
- Drainage fluid is suddenly bright red, has pus or smells really bad

Example:

Date and Time	Amount Emptied
January 2 at 3:00 PM	25cc
January 2 at 10:00 PM	20cc
January 3 at 6:00 AM	35cc

