



Capital Surgeons Group, PLLC  
*Comprehensive, Compassionate General Surgery Care*

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## **DRAIN CARE INSTRUCTIONS**

**Drains are used with many surgeries (i.e. mastectomy, hernias, axillary dissections, etc)**

### **WHAT IS A DRAIN FOR?**

- A drain is placed to remove excess fluid that builds up under skin flaps or in empty spaces created by the surgery
- You will drain the largest amounts of fluid the first few days after surgery and then the amount will taper off
- The drain will be in for one to two weeks

### **DRAIN CARE:**

- Remove outer dressing at 24 hours post op and shower
- Keep 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
- How to Strip the Tube:
  - Using your index finger and thumb, pinch the tubing at the site where it exits your skin. This will hold the tubing in place and prevent it from being pulled out.
  - Immediately adjacent to that pinch, pinch the tubing between your other hand's index finger and thumb.
  - While keeping the tubing pinched next to your skin, slide the other hand along the tubing towards the bulb, keeping a firm pressure. This will stretch the tubing but it will not break.

### **EMPTYING DRAIN:**

- Wash your hands thoroughly before you start
- Hold the bulb in an upright position with one hand and take the cap off with the other
- With the bulb in one hand and the small measuring cup (received from hospital) in the other, turn the bulb over and gently squeeze into cup OR if you did not receive a cup use the measurement on the bulb itself. Squeeze the 'grenade' and replace topper to continue suction.
- Once you have a measurement record it on your drainage chart (see below)
- Measure drainage in CCs and not ounces
- Discard the drainage into the toilet and flush
- Rinse the cup so it is clean and ready to use the next time
- Wash your hands
- Re-pin your drain to your clothing; it should be lower than your incision
- Be sure to bring your drainage charge chart to your post-op visit!!

(continued)

**PLEASE CALL THE OFFICE OR THE DOCTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS**

