

Drain Care Instructions

You have been discharged with a Closed Suction Drain System, or Jackson-Pratt (JP) drain. This drain collects fluid your body produces, helping to reduce the risk of infection and seroma (fluid buildup). Your surgeon will typically remove the drain when output is below 30 ml per day. Keep a log of your drainage to discuss with your doctor at follow-up appointments.

How to Care for Your Drain

Proper care of your JP drain is essential for preventing infection and ensuring smooth function. Follow these steps:

1. **Milking the Drain:** This should be done daily to help move fluid through the tubing and prevent clogs.
 - **Step 1:** Hold the tubing near where it exits your body using your thumb and index finger of one hand.
 - **Step 2:** With your other hand, pinch the tubing and slide your fingers along it toward the bulb. Using an alcohol wipe can make this easier.
 - **Note:** It's normal for the tubing to stretch slightly as you do this.
2. **Emptying the Bulb:**
 - Open the stopper on the bulb and pour the fluid into a marked container to measure and record the amount.
 - Discard the fluid into the toilet.
 - Empty the bulb at least three times a day or whenever it fills halfway.
 - After emptying, squeeze the bulb to restore suction, then reinsert the stopper.
 - Secure the bulb by pinning it to your clothing below the tubing exit site using the tab provided.
3. **Hand Hygiene:** Wash your hands thoroughly with soap and water for at least 20 seconds before and after touching the JP drain to reduce the risk of infection.

Showering with Your Drain

- **Timing:** After 48 hours, you can remove your dressing and shower with soapy water, which helps keep the area clean.
- **Method:** Let the soapy water gently run over the incision and drain site without scrubbing.
- **Drying:** After the shower, pat the wound dry. You may place a clean dressing over the incision and drain site if desired, though it's also fine to leave it open to air.
- **Securing the Drain:** Use the safety pin to secure the bulb while showering to avoid tugging or dislodging the tubing.

Things to Avoid

To promote healing and prevent complications, avoid the following:

