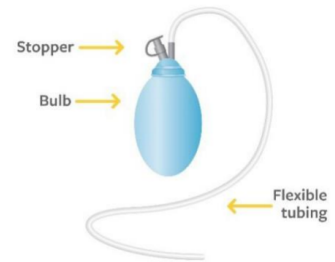


Drain Instructions

You have been discharged with a Closed Suction drain System, or JP drain. The perforated end of the tube is placed inside your body collecting fluid the body produces. The drain helps to reduce the risk of infection and seroma (a build up of fluid). Your surgeon will usually remove the bulb when drainage is below 30 ml per day. **Keep a log and bring it to the clinic for discussion**



Taking Care of your Drain

The care of a JP drain requires daily milking of the tubing, pouring it out and recording it.

Milking or stripping the drain is performed by sliding two fingers along the tubing towards the bulb. Hold the tubing in place with your thumb and index finger from your left hand and pinch the tubing with your thumb and index finger from your right hand and slide the fluid towards the bulb by sliding your right hand towards the bulb. An alcohol wipe can help with this. The tubing will stretch and this is normal. Begin at the place where the tube exits the body. This action pushes the fluid away from the body and into the bulb. It prevents the tube from clogging and keeps the JP drain working correctly and flowing.

When you empty a JP bulb, unplug the stopper and empty the contents into a marked cup. Record the amount each time. Pour the fluid contents into the toilet. **It is best to milk and drain the JP system three times a day.** If the bulb fills up halfway then it is time to drain the bulb. After emptying the fluid, squeeze the bulb and place the stopper into the bulb. The bulb will expand as fluid drains. Keep the bulb secure by fastening the bulb to your garment with a safety pin. Fasten the bulb below the place where tubing exits the body. There is a tab on the bulb to attach the safety pin. Wash your hands for 20 seconds before and after touching the JP drain system. This method reduces the spread of germs.

It is ok to Shower with incision and drain

48 hours after your surgery please remove your dressing and take a shower with lots of soapy suds. In fact, we encourage showering to keep the area clean and dry. Allow soapy water to wash over wound like a water fall. Avoid directly scrubbing the incision and the JP exit site. After taking a shower, pat your wound dry. You can place a clean dressing over the incision and JP exit site if you desire, but leaving the wound open to air is OK at this point. Take a shower once a day. The JP drain tube is held by a suture to your skin. While showering, secure the bulb to keep it from pulling on the skin or becoming dislodged.

Things to Avoid

1. Do not soak in a bathtub, Jacuzzi, or pool.
2. Avoid applying hydrogen peroxide to wound/JP exit site. Soap and water are the best agents to keep the wound clean.
3. Avoid smoking. It delays wound healing.
4. Avoid separating the JP bulb from tubing in attempt to pull out fluid strands or to flush out tubing. The JP system must remain together to keep the germs from entering the wound.

