



## Discharge Instructions: Caring for your Surgical Drain at Home

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You have a drain inside your surgical site that will evacuate blood and fluid that may accumulate after surgery. It will help healing and reduce the risk of infection.

### GENERAL GUIDELINES:

- Secure the tube and collection device inside your clothing to prevent the tube from being pulled out.
- Keep site dry
- You will need to empty the drain every 4 hours or as instructed by your physician and record the amount of drainage emptied.

### HOW TO EMPTY YOUR DRAIN:

- Obtain a measuring cup.
- Wash your hands and unpin the drain from your clothing.
- Remove the stopper from the pouring spout and let the drain expand.
- Pour all of the liquid out into the measuring cup.
- Place empty drain on hard surface or use one hand to squeeze or compress device to expel all of the air out of the drainage container.
- While the device is compressed, put stopper back into spout. Keeping the drain compressed helps to remove the drainage from your surgical site.
- Secure the drain back onto your clothing.
- Record amount of drainage on your drain log sheet and bring this record to your first doctor's visit.
- Discard fluid contents into the toilet.

### DRAIN REMOVAL:

Your drain should be removed by your physical therapist at your appointment.

If not, you may need to remove the drain yourself. To remove the drain, remove any visible tape that may be securing the tubing to your skin or dressing. Gently pull the plastic tubing out. There may be slight discomfort but the tube should pull out easily. You should leave the rest of the bandage intact unless the physician has instructed you otherwise. It is not uncommon for drainage to occur after you pull the drain. If this happens, reinforce the bandage by covering the affected area with gauze. If the drainage is heavy, contact your physician's office. If the drain is difficult or painful to pull out, contact your physician's office.