

# DRAIN CARE

## GENERAL INSTRUCTIONS

- Always wash your hands before handling your drain or supplies.
- Empty drain and record output twice daily and/or if drain is full.
- Strip the drain tube twice daily.
- The drain should always be compressed. If it will not stay compressed call your doctor during office hours.
- If the drain is rapidly filling with blood, call your doctor immediately.
- If the drain falls out, put a dressing on the drain site and call your doctor during office hours.
- Never remove the tubing from the drain.
- Never rinse the drain bulb with water or any other fluid.
- When drain output is less than 30cc/24h call the office to make an appointment for drain removal.

### HOW TO APPLY YOUR DRAIN DRESSING

- GENTLY REMOVE OLD DRESSING
- PUT ANTIBIOTIC OINTMENT ON YOUR SKIN WHERE THE DRAIN ENTERS
- PLACE GAUZE UNDER DRAIN
- SECURE WITH PAPER TAPE OR TEGADERM

### HOW TO STRIP/MILK THE DRAIN

- HOLD TUBE FIRMLY WITH ONE HAND CLOSE TO WHERE IT ENTERS YOUR BODY
- WITH THE OTHER HAND, SQUEEZE THE TUBE CONTENTS DOWN TOWARD THE BULB (LIKE SQUEEZING TOOTHPASTE OUT OF A TUBE)

### HOW TO EMPTY THE DRAIN

- REMOVE PLUG FROM DRAINAGE POUR SPOUT
- TURN BULB UPSIDE DOWN
- SQUEEZE FLUID INTO MEASURING CUP
- COMPRESS BULB (SQUEEZE IT FLAT)
- REPLACE PLUG INTO DRAINAGE POUR SPOUT
- RECORD OUTPUT IN ML ON YOUR DRAIN LOG
- FLUSH FLUID DOWN SINK OR TOILET

### SUPPLIES

- [ ] GAUZE (1)
- [ ] MEPILEX AG (2)
- [ ] ANTIBIOTIC OINTMENT (3)
- [ ] PAPER TAPE (4)
- [ ] TEGADERM (5)
- [ ] SCISSORS (6)
- [ ] ALCOHOL SWABS (7)
- [ ] MEASURING CUP (8)



