

DRAIN CARE

Showering: You must do this once a day

1. Attach the drainage bulb(s) to something like a tube sock draped around your neck so that the drains do not pull on your skin.
2. Remove your old bandage.
3. Using warm water and soap, gently wash around the skin where the drain tube exits.
4. Do not use any “fragrance” soaps. Ivory or dial are fine.
5. Use a clean towel to pat your wound area dry. DO NOT RUB.
6. Dry the rest of your body after you dry your incision.

Applying the Bandage: You do this once a day after showering

1. Wash your hands with soap and water.
2. Open one package of gauze bandages.
3. Take one of the gauze squares and fold it in half. Remember to touch only the corners of the square.
4. Place the folded square under the drain tube.
5. Place the other gauze square over the drain tube.
6. Tape the gauze bandage in place with paper tape.

Emptying the drainage tube: You must do this three times a day (when you wake up, during the day, and before bedtime)

1. Unplug the drainage plug on the bulb.
 2. Hold bulb upside down over a cc or ml measuring container.
 3. Squeeze the bulb until it is empty of drainage fluid.
 4. Record the amount of drainage in cc's or ml's on drainage chart.
 5. Press the center of the bulb to get the air out.
 6. When the bulb is collapsed, insert the plug back into the drain hole. DO NOT rinse or clean your drainage bulb under any circumstances. This could make you susceptible to infection
 7. Strip or milk the drain tubings every day (hold the tube close to your body to secure it and then pull or stretch the tube towards the bulb to milk the fluid and clots out of tubing).
-