



Kryger Institute of Plastic Surgery

Why Are Drains Necessary?

Drains are often placed during surgery to prevent the accumulation of fluid underneath the incision site. This is a closed and air-tight drainage system which operates by self-suction. Drains promote healing by keeping excess pressure off the incision and decreasing the risk of infection. The drain is sutured into place at the site of insertion to promote stability. Although drains may be hard to get use to, they are very important and they are there to help you heal. Please **DO NOT** cut, tear out, or remove drain(s) as this may cause some major complications.

* The fluid that collects in the bulb is normally very red at first, changing to a more orange or straw-colored the longer it is in place. Clots in the tubing are expected as long as they do not interfere with the drainage system.

Drain Removal

* Keep an accurate log (*located on the reverse page*)

The amount of fluid your body is producing determines how long the drain(s) stay in. Your drain(s) are removed by your doctor during an office visit. When each individual drain is measuring LESS than 25ml's (or cc's) in a 24 hour period for **two consecutive days**, E-mail your drain record to backoffice@drkryger.com for Dr. Kryger to review and advise on scheduling for a drain removal appointment.

Drain Care:

- Before emptying the drain(s) make sure to strip (or milk) the tubing. Your nurse will show you how to do this.
- Measure the drainage **twice** a day (when you wake up and before you go to bed), or more often if the bulb appears half full/ half expanded.
- **Never** disconnect the drain tube from the suction bulb.
- **Never** attempt to wash inside the suction bulb.

Emptying the Drainage Device:

1. Wash your hands. Remove the plug from the pouring spout.
 - **Do not** touch the inside of the plug or the spout opening.
 - **Do not** disconnect the drain tube from the suction bulb.
 - **Do not** wash the inside of the suction bulb.
2. Pour the fluid into the measuring cup. You may squeeze the bulb gently to assist in emptying it.
3. Compress the bulb tightly and reinsert the plug into the spout while keeping the bulb compressed. The self-suction has now been re-established.
4. Measure and record the drainage amount according in ml's (or cc's)
5. Flush the fluid down the toilet and wash your hands.

Dressing Change:

* a small to moderate amount of straw-colored drainage from the drain site is normal.

- Cleanse drain insertion site daily when showering and again before bed if needed.
- Always keep a dry dressing around the drain site except when showering.

Call Your Doctor If:

- Fever is greater than 101 degrees
- The bulb does not stay compressed
- Foul odor
- Cloudy yellow or green colored fluid
- Severe pain
- Increased redness
- Excessive drainage around drain insertion site
- Sutures break at insertion site