

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

AFTER SURGERY INSTRUCTIONS **JACKSON-PRATT DRAIN CARE**

SUPPLIES

1. Sterile gauze
2. Bacitracin antibiotic ointment (Neosporin or Mycitracin NOT recommended)
3. Small container for collecting drain fluid
4. Rubbing alcohol

HOW TO EMPTY

1. Wash hands with soap and water
2. Hold the drain bulb securely
3. Remove the drainage plug from the top emptying port
4. Note the amount of fluid in the bulb (scale on side of bulb) and record it. Do this for each drain separately. (Drainage record—separate sheet)
5. Carefully tip bulb sideways and empty by gently squeezing into your container.
6. **While squeezing bulb**, replace the drainage plug. Make sure bulb stays compressed.
7. Empty fluid into the toilet.
8. Wash hands.
9. Empty the drain(s) two times a day (morning and night). As drainage tapers, once a day drainage is OK. Empty at approximately the same time each day so daily totals can be recorded and followed (this is how we determine when drains are removed).

HOW TO STRIP DRAINS

To prevent clots from blocking the drain tube, you will need to “strip” them. Stripping means that you use your fingers to squeeze or “milk” the clots along the length of the drain to help maintain the flow of drainage. Clots or air bubbles in the tube are not a problem if stripped.

1. Dampen a gauze with alcohol. Use rubbing alcohol; vodka is a waste.
2. Using one hand, firmly hold the tubing near the skin suture; this will prevent the drain from being pulled out while you’re stripping it (also pain).
3. Using the other hand, put the alcohol-dampened gauze between your index finger and thumb, and squeeze or pinch the tube flat. Keep it flat.
4. As you are squeezing, slide your alcohol gauze along the tubing towards the bulb, taking care to keep the tube flat. (Sliding down the tube can be done in sections as long as the tube remains flat.)
5. Do not release the pressure on the tubing until you have reached the bulb.
6. Strip drains each time you empty them. Make sure bulb is compressed before the drain plug is reinserted. This is what provides suction.
7. Apply Bacitracin ointment to the belly button and skin insertion sites at least once daily (each time bulbs are emptied).

I acknowledge receipt of these after-surgery instructions.

_____ (signature)

_____ (date and time)