Cynthia M. Goodman, M.D., Inc.

Aesthetic & Reconstructive Plastic Surgery

2200 LARKSPUR LANDING CIRCLE, SUITE 104
LARKSPUR, CA 94939
(415) 925-8555
(415) 925-4082 fax

POST-OP DRAIN CARE

A drain is a thin rubber tube put into your skin to drain fluid from around an incision or wound. Your drain will have a soft, squeeze bulb at the end of the plastic tubing. This kind of drain may be in your incision from 24 hours to several weeks. The drain is taken out when the drainage is less than 30ml's in a 24 hour period. You may shower 48 hours after the drain is removed.

You need the drain because the squeeze bulb on the end of the drain creates a gentle suction. This helps to get the fluid (usually blood) out of your incision faster and helps you to heal more quickly. Dr. Goodman places a drain when she expects a large amount of drainage. This may help prevent you from developing an infection.

Care of your drain at home:

1. Wash and dry your hands completely.
2. Unpin the drain tube and bulb from your clothing.
3. Always place the bulb lower than your wound. This will prevent drainage from flowing back into the tube or wound. Hold the bulb in one hand:
    - With the other hand, remove the plug from the drainage spout and tip the bulb upside down and drain the fluid into any small container.
    - Squeeze the bulb to remove all the air. Place the plug back into the spout while all the air is squeezed out. This re-creates the suction inside the bulb. DO NOT squeeze the bulb if the plug is in place.
    - Squeeze the fluid in the tubing near the bandaged site and move it down into the bulb. This is called "milking" the tubing. Milk the tubing carefully while holding the tube securely with the opposite hand. Use an alcohol wipe, it will slide easily.
4. Do not get the drain bandage wet.
5. Change the drain bandage if it becomes bloody underneath or wet.
6. Flush the drainage fluid down the toilet.
7. Wash and dry your hands.
8. Write down the time and amount of fluid on the back of this page. Empty the drains every 6 hours or when it is half full for the first two days and then twice a day or when it is half full thereafter. It is important to empty it when it is half full, otherwise the suction will not work. Try to empty it at the same time every morning. When the drain output is less than 30ml's in 24 hours call us so that Dr. Goodman can remove the drain.

Call the office if you develop any of the following problems:

1. Increased bleeding in the wound area or if the drain begins filling with bright red blood.
2. Fever of 100.4 or higher.
3. Any signs of infection such as increased pain, pus or foul smell in the bandages or wound, or red streaks in the area of your wound.
4. Numbness or swelling below the wound.
5. The drain stops working or seems plugged.
6. Drain stitches come loose or break off.

Date	Time	Drain A	Drain B