

**J. Jason Wendel, M.D.**

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# Recovery Instructions

**DRAIN AND DRAIN SITE CARE****DRAIN CARE**

Wash your hands with soap and warm water.

Strip tubing three times a day (more often if there are blood clots in the tubing).

Grasp tubing close to the body with one hand and pull toward the body. With the other hand grasp tubing below the first hand. Using an alcohol swab, pinch tubing tightly, sliding fingers down tubing, away from the body.

Repeat 2-3 times. Be sure drainage is flowing into the bulb.

Measure the drainage in the bulb by either using the calibrations on the bulb or by emptying the Bulb into a small measuring container 3 times a day (more often if there is a lot of drainage or they feel heavy) Open a small lid on top of the bulb. Pour drainage into the container.

Squeeze bulb and hold while replacing small lid. Bulb should be collapsed to be effective. Pin bulb to clothing with a safety pin or place in cloth drain pouch.

Measure drain output and record the amount each time you empty the bulbs. Hold container at eye level to read the numbers on the side of the container.

Read the numbers in the milliliters. Record amount of drainage on chart and tally the 24-hour total for each drain separately. Once a day clean drain insertion site with mixture of ½ water and ½ hydrogen peroxide. Apply clean, dry gauze daily around the insertion site. Change more often if soiled.

Call the clinic when the drainage amount is less than 30mL/day for 1-2 days or as instructed by Dr. Wendel. You may see Dr. Wendel or one of his nurses to have the drain(s) removed at that time. Please note that if you have more than one drain in the same area, they may not all be removed at the same time.

**DRAIN SITE CARE**

You may shower 48 hours after all your drain(s) are removed.

The dressing that was applied to the drain-site skin opening can be left on for the remainder of the day or until soiled.

Starting the day after drain removal, remove the old dressing and cleanse the area with a mixture of ½ water and ½ hydrogen peroxide. Apply the antibiotic ointment to the gauze or Band-aid and then apply that to the area where the drain was pulled. Secure with medical tape as necessary.

This dressing needs to be done daily for 3 days. If, however, you have fluid drainage from the site and the dressing becomes saturated, change the dressing again. This happens more often on the day the drain(s) are pulled or the day after removal.

By the third day after drain removal, the skin usually has sealed and you should not need to apply further antibiotic ointment or a dressing.

Depending on the location of the drain site, you may want to place dry gauze there to prevent clothing from rubbing on the area. For example, bras and pant waistbands can be irritating to these sites for a little while longer than those 3 days after removal.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.