

# SOUTHWEST BREAST & AESTHETICS

*Tim Matatov, MD • Joseph Zakhary, MD • Matthew Mino, MD*

## PHOENIX OFFICE:

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## Home Care of your Drains

- Depending on the type of surgery, your doctor may send you home with one or more “hand grenade,” or bulb shaped drains, called Jackson-Pratt drains (JPs). These drains prevent fluid buildup and blood collections from occurring in the surgical area. You will be given a measuring cup so that you can empty and measure the drain contents. You will need to empty, measure and record the drainage every 12 hours. **To make it easier, empty at 9:00am and 9:00pm.** Do not permit the bulb to fill over the halfway point.
- Be careful not to touch the opening of the drain with your fingers or to the edge of the measuring cup. Empty the contents into the cup and then note the amount.
- Squeeze the bulb and recap with the drain plug. Discard the contents of the drain into the toilet.
- Repeat this process for all drains.
- Record the time, amount of drainage (cc) and which drain was emptied (for example, left or right, breast or abdomen).
- Pin the bulb to your girdle, binder or clothing. Be sure to unpin the bulb when undressing. Hold the drains to prevent them from pulling out.
- You may shower with the drains in place. Be sure to support the drain bulb so that they do not hang directly from the tubing. The drains may pull out if this is allowed to occur. This can be done by fastening the drain to a necklace or lanyard around your neck while in shower.
- **Your clinical nurse will be able to remove the drains when they are draining less than 30 cc in a 24 hour period for two consecutive days. Call and make an appointment during business hours and we will get you in at the clinic.**
- You may notice, especially as the drain remains in place for beyond one week, some thick or even solid material within the drain. This is normal. As the drainage decreases, more solid material may be visible within the drain and tubing. This is part of the normal course of healing.

\*\*\*Drains leaking from the insertion site or not holding suction are not emergencies. If a drain comes out, pad the site with gauze and call your nurse during normal business hours.

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### JP Drain Output Log

	JP #1	JP #2	JP #3	JP #4
Date:				
1._____:____				
2._____:____				
3._____:____				
	Total:	Total:	Total:	Total:
Date:				
1._____:____				
2._____:____				
3._____:____				
	Total:	Total:	Total:	Total:
Date:				
1._____:____				
2._____:____				
3._____:____				
	Total:	Total:	Total:	Total:
Date:				
1._____:____				
2._____:____				
3._____:____				
	Total:	Total:	Total:	Total:

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1._____:_____				
2._____:_____				
3._____:_____				
	Total:	Total:	Total:	Total:

	JP #1	JP #2	JP #3	JP #4
Date:				
1._____:_____				
2._____:_____				
3._____:_____				
	Total:	Total:	Total:	Total:

Date:				
1._____:_____				
2._____:_____				
3._____:_____				
	Total:	Total:	Total:	Total:

Date:				
1._____:_____				
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