

## **POSTOPERATIVE INSTRUCTIONS FOR DRAIN CARE**

### **What to Expect**

It is normal for your JP (Jackson-Pratt) drain to produce drainage after surgery. Initially, this may appear bright red. As healing progresses, the colour will typically shift from dark red or brown, to light pink or orange, and eventually to light yellow. The amount of drainage should gradually decrease over time.

Please monitor for signs of infection. Concerning drainage may appear:

- Cloudy yellow, tan, or green and/or be foul-smelling

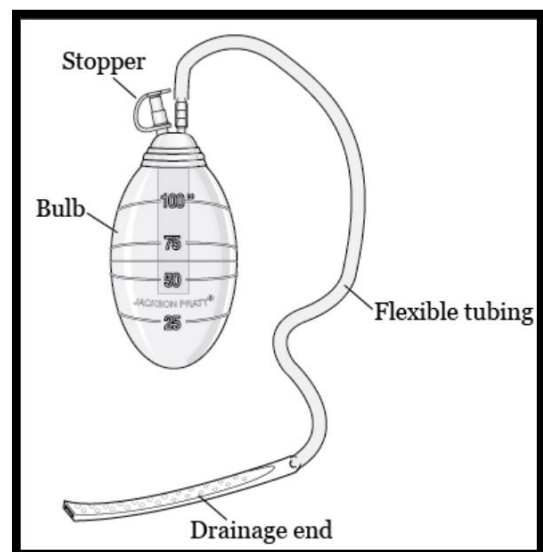
If you notice any of the above, please contact our nursing team.

### **How to Empty Your JP Drain**

You should empty your JP drain when it is approximately half full. This may be required several times per day in the beginning, and less frequently as output decreases.

#### **Steps:**

1. Wash your hands thoroughly.
2. Unplug the stopper on the drain bulb.
3. Read and record the amount of fluid using the markings on the side of the bulb.
4. Turn the bulb upside down and empty the contents into the toilet.
5. Clean the stopper with an alcohol swab if available.
6. Compress the bulb using your fingers and thumb to restore suction.
7. While keeping the bulb compressed, re-cap it securely.
8. Record the drainage amount and time in your Drainage Record sheet.



**Note: Your surgeon will recommend removing the drain once it is producing less than 30 mL in 2 consecutive 24 hour periods.**



## CANADIAN PLASTIC SURGERY CENTRE

### How to “Milk” the Drain

Milking (or stripping) the tubing helps prevent clots from forming. If a clot forms, you may see stringy debris inside the tube and notice that the bulb is no longer staying compressed (i.e., suction is lost).

#### Steps:

1. Using your thumb and index finger on one hand, pinch the tubing close to where it enters your skin to stabilize it.
2. With your other hand, use your thumb and index finger to gently slide down the tubing 3–4 times, pushing any debris toward the bulb.

#### Steps on How to Milk a JP Drain:

1. Use thumb and index finger of one hand to secure the tubing close to the insertion site.
2. Use the other thumb and index finger to strip down the tubing 3 to 4 times to move any drainage or debris into the bulb.

If you have questions or concerns about your surgical drain, please reach out to our nursing team.

### Contact Information

**Clinic Phone (During Business Hours):** 437-523-4196

**After Hours Questions or Concerns:** [nursing@canadiansurgery.com](mailto:nursing@canadiansurgery.com)



## CANADIAN PLASTIC SURGERY CENTRE

### DRAIN CARE RECORD

**Instructions:**

You may empty your JP drains as many times per day as needed — typically when the bulb is about half full. Please **record the amount and time each time you empty the bulb**, and total the 24-hour drainage every day at the same time.

**Day 1 – Date:** \_\_\_\_\_

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL

**Day 2 – Date:** \_\_\_\_\_

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL

**Day 3 – Date:** \_\_\_\_\_



## CANADIAN PLASTIC SURGERY CENTRE

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL

**Day 4 – Date:** \_\_\_\_\_

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL

**Day 5 – Date:** \_\_\_\_\_

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL



## CANADIAN PLASTIC SURGERY CENTRE

**Day 6 – Date:** \_\_\_\_\_

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL

**Day 7 – Date:** \_\_\_\_\_

Time Emptied	Right Side Drain (mL)	Left Side Drain (mL)

**24-Hour Total**

Right: \_\_\_\_\_ mL      Left: \_\_\_\_\_ mL