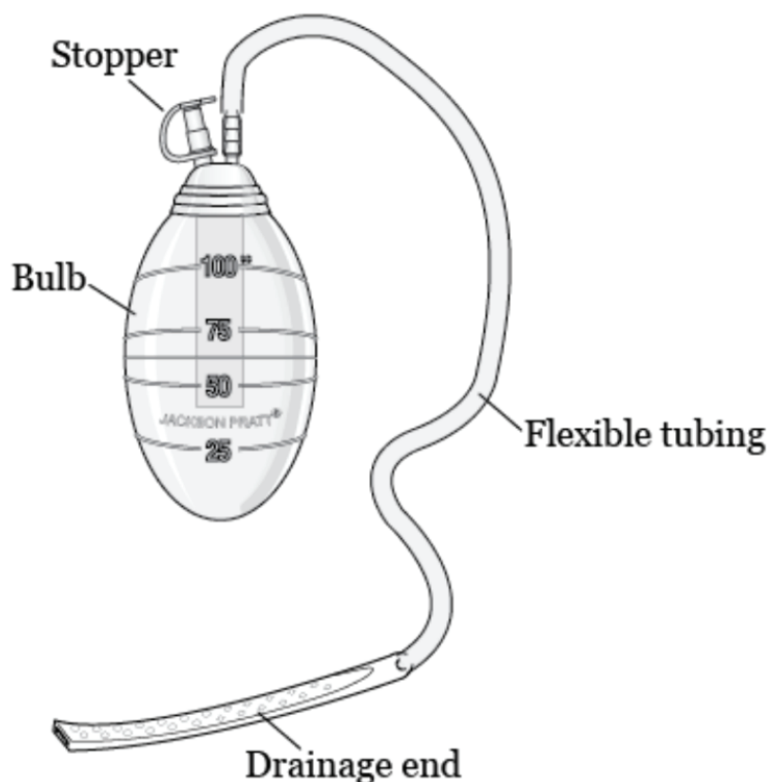




## ABOUT YOUR JACKSON-PRATT DRAIN



Your Jackson-Pratt drain has a soft plastic bulb with a stopper and a flexible tube attached to it. The drainage end of the tubing (flat white part) is placed into your surgical site through a small opening near your incision. This area is called the insertion site. A suture (stitch) will hold it in place. The rest of the tube will extend outside your body and will be attached to the bulb.

When the bulb is compressed (squeezed) with the stopper in place, a constant gentle suction is created. The bulb should be compressed at all times, except when you're emptying the drainage.

How long you will have your Jackson-Pratt drain depends on your surgery and the amount of drainage you're having. Everyone's drainage is different. Some people drain a lot, some only a little. The Jackson-Pratt drain is usually removed when the drainage is 30 mL or less over 24 hours. You will write down the amount of drainage you have in the drainage log at the end of this resource. It's important to bring your log with you to your follow-up appointments.

### CARING FOR YOUR JACKSON-PRATT DRAIN

When you leave the hospital, you will care for your Jackson-Pratt drain by:

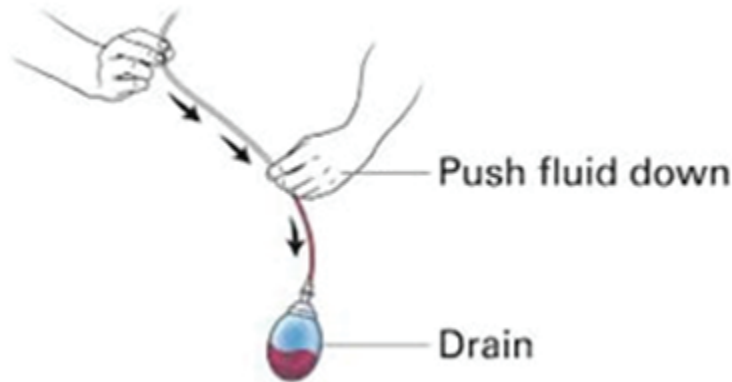
- Milking your tubing to help move clots.
- Emptying your drain 2 times a day and writing down the amount of drainage on your Jackson-Pratt drainage log at the end of this resource.

continued

- If you have more than 1 drain, make sure to measure and write down the drainage of each one separately. Don't add them together.

- Caring for your insertion site.

## MILKING YOUR TUBING



These steps will help you move clots through your tubing and keep the drainage flowing.

Milk your tubing before you open the stopper to empty and measure your drainage. You should also do this if you see fluid leaking around the insertion site.

### 1. Clean your hands.

- To wash your hands with soap and water, wet your hands, apply soap, rub them together for at least 20 seconds, then rinse. Dry your hands with a towel and use that same towel to turn off the faucet.
- If you're using an alcohol-based hand sanitizer, cover your hands with it, rubbing them together until they're dry.

### 2. Look in the mirror at the tubing. This will help you see where your hands need to be.

3. Pinch the tubing close to where it goes into your skin between the thumb and forefinger of your hand. Keep this hand in place while you milk your tubing. This will help to make sure that you're not tugging on your skin, which can be painful.

4. With the thumb and forefinger of your other hand, pinch the tubing right below your other fingers. Keeping your fingers pinched, slide them down the tubing, pushing any clots down toward the bulb. You may want to use alcohol wipes to help you slide your fingers down the tubing.

5. Repeat steps 3 and 4 as many times as you need to push clots from the tubing into the bulb. If you can't move a clot into the bulb and there is little or no drainage in the bulb, call your doctor or nurse.

## EMPTYING YOU DRAIN

You will need to empty your Jackson-Pratt drain 2 times a day, in the morning and in the evening. Follow these instructions when emptying your Jackson-Pratt drain.

## Supplies

- Measuring container your nurse gave you
- Jackson-Pratt Drainage Log
- Pen or pencil

## Instructions

1. Prepare a clean area to work on. This can be done in your bathroom or in an area with a dry, uncluttered surface.
2. Gather your supplies. You will need:
  - The measuring container your nurse gave you
  - Your Jackson-Pratt drainage log
  - A pen or pencil
3. Clean your hands.
  - To wash your hands with soap and water, wet your hands, apply soap, rub them together for at least 20 seconds, then rinse. Dry your hands with a towel and use that same towel to turn off the faucet.
  - If you're using an alcohol-based hand sanitizer, cover your hands with it, rubbing them together until they're dry.
4. If the drainage bulb is attached to your surgical bra or wrap, first remove it from there.
5. Unplug the stopper on top of the bulb. This will make the bulb expand. Don't touch the inside of the stopper or the inner area of the opening on the bulb.
6. Turn the bulb upside down and gently squeeze it. Pour the drainage into the measuring container (see Figure 2).
7. Turn your bulb right side up.
8. Squeeze the bulb until your fingers feel the palm of your hand.
9. Continue to squeeze the bulb while you replugin the stopper.
10. Check to see that the bulb stays fully compressed to ensure a constant gentle suction.
11. Don't let the drain dangle.
  - If you're wearing a surgical bra, there will be either a plastic loop or Velcro® straps attached at the bottom. Attach the drainage bulb to the bra.
  - If you're wearing a wrap, attach the drainage bulb to the wrap.
  - It may be helpful to hold your drain in a fanny pack or belt bag.
12. Check the amount and color of drainage in the measuring container. The first couple of days after surgery, the fluid may be a dark red color. This is normal. As you continue to heal, it may look pink or pale yellow.
13. Write down the amount and color of your drainage on your Jackson-Pratt drainage log.
14. Flush the drainage down the toilet and rinse the measuring container with water.
15. At the end of each day, add up the total amount of drainage you had for the day and write it in the last column of the drainage log. If you have more than 1 drain, measure and record each one separately.

## CARING FOR YOUR INSERTION SITE

### Check for signs of infection

Once you empty your drainage, clean your hands again and check the area around your insertion site for:

- Tenderness
- Swelling
- Pus
- Warmth
- More redness than usual. Sometimes the drain causes redness about the size of a dime at your insertion site. This is normal.

If you have any of these signs or symptoms, or if you have a temperature of 101° F (38.3° C) or higher, call your doctor. You may have an infection.

There should be a small clear dressing over the insertion site.

### Keep your insertion site clean

Keep your insertion site clean and dry by washing it with soap and water and then gently patting it dry.