

DR. JAMES LOWE'S SHORT DRAIN CARE INSTRUCTIONS

General You may require surgical drains for short period of time after your operation. Keep wounds clean and dry or apply antibiotic ointment as instructed. Use half strength peroxide for first two days to remove all retained debris or old blood on the surface. If "Dermabond" or medical glue has been applied to your wound ointment is not necessary. Please, review any other wound instructions sheets provided and follow specific verbal instructions given your physician first and foremost.

1-2 days **With permission**, you may shower the 2nd post-operative day. Remove all dressings and let the soap and water gently fall around wound, rinse, and blot or air dry. The drains are placed and made to allow for cleaning during a shower; submerging in water or a bathtub should be avoided.

Patients should shower at least every other day until all drains are removed. Secure drains to a waist band, or gauze to free hands for cleaning during showers. After cleaning, allow wounds to fully dry before reapplying any garments or dressings. Notify Physician's office the next working day if a drain is inadvertently removed or if evidence of infection (i.e. fever, redness). Do not try to clean the interior of drains or bulbs.

Measure and record each drain output separately in the evening and morning on the provided data sheet starting the day after surgery. Measure drains every 12 hours at about the same time (i.e. 8am and 8pm). Emptying drains in the evening and morning avoids soiling cloths. You may empty drains more frequently and record if they are bulbs get full.

Wash hands before and after measuring drain output. Use the bulb measuring points to estimate the amount drained prior to dumping. Compress bulb and apply cap after each drain measurement. If your drain does not hold a seal place it to gravity below the level of the wound. Remember to always bring drain output sheet to visits until all drains are removed. Keep wound elevated for at least one week to decrease swelling. The swelling & discoloration peaks at the third day after surgery.

Removal Drains are a wounds "best friend." Many surgeries performed in plastic surgery would not be possible without drains and compression. Drains prevent fluid collections, encourage wound healing, and improve contour. After a drain is removed it is important to limit activity and apply compression when possible to avoid complications or a new drain.

STRENUOUS ACTIVITY AND HEAVY LIFTING IS TO BE AVOIDED FOR AT LEAST 6-WEEKS. DIRECT SUN CONTACT ON THE SURGICAL SITE IS TO BE AVOIDED FOR 6-12 MONTHS. PLEASE USE A SUN SCREEN – SPF 15 OR GREATER WHEN IN THE SUN.

Call the office you have any questions or problems, or if you are having any signs or symptoms of infection (redness, fever, or drainage). Our office phone is (405) 942-4300. JBL

Drain Data Sheet

Drain#	1	2	3	4	5
Date: / /					
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