



SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

Instructions for your Drains

Your drain works by suction from a compressed bulb. This removes fluid from the surgical site. As the bulb fills with fluid, the suction in the bulb decreases. The hospital staff will show you how to “milk the drain” to prevent clogging prior to your discharge.

If there is round disk and clear plastic tape around the drain, keep this in place and shower over it. If it gets wet underneath or peels off, it is ok to remove it and place clean gauze and tape around it or nothing at all.

Your bulb will need to be emptied when it is $\frac{1}{2}$ full or approximately 2 to 4 times a day.

You need to keep a record of your drainage using the form attached.

Bring your sheet with you when you return for your post-operative visit with Dr. Ramanadham. This allows Dr. Ramanadham to determine if the drains are ready to be removed.

To Empty the Bulb:

1. Wash your hands.
2. Strip the tubing to the bulb prior to measuring.
3. Hold the bulb upright (drainage plug on top).
4. Unplug the drainage plug.
5. Turn the bulb upside down and GENTLY squeeze into the medicine cup for accurate measurement in cc's.
6. Place the medicine cup on the table.
7. Recompress the bulb by squeezing it between your palm and fingers. Continue squeezing until you have replaced the drainage plug into the pour spout port. The bulb will look collapsed.
8. Measure and record the amount of drainage on the drainage sheet.
9. Record the time it was drained.
10. Record each drain separately.
11. Empty contents of cup in toilet and wash cup.
12. Wash your hands.

Record of Drainage

1. Keep daily 24 hour totals of the fluid for each drain individually.
2. Empty the bulb as many times as you need to, just remember to record the amount of fluid each time and add it for a 24 hour total.
3. Good times for emptying your drains are when you wake up in the morning, mid-day and before you go to bed at night; or twice a day, i.e. 10:00 a.m. and 10 p.m.
4. Normal drainage is a thin red fluid that will eventually turn to a clear yellow drainage.
5. You should notice a decrease in fluid over several days as well as a change in color from red to yellow. Be sure to call our office if any of the following occur:
 - The color of the drainage turns thick or yellow or green
 - A foul odor is noted



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- There is an increase in the bloody drainage. The drainage looks thick and red.
 - The drain falls out.
 - The drain doesn't maintain suction.
6. Bring your sheet with you to Dr. Ramanadham's office for your post-op appointment.

SEE THE ATTACHED DRAINAGE FLOW SHEET

Please bring this form to your follow up visits, until all drains are taken out.

If more sheets are required these can be emailed to you.



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DRAINAGE FLOW SHEET

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Date	Time	#1	#2	CC's #3	#4	#5	#6	Daily Totals

DRAINAGE FLOW SHEET

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