

# NICHOLAS T. HADDOCK, M.D.

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## 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.

Your bulb will need to be emptied when it is ½ full or approximately 2 to 4 times a day. If you have an implant in place, then while your drains are in place, do not shower or get the areas wet. 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. Haddock or his nurse (Molly Mazie). This allows Dr. Haddock and his nurse to determine if the drains are ready to be removed.

### *To Empty the Bulb:*

1. Wash your hands.
2. Strip 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 concaved.
8. Measure and record the amount of drainage on the drainage sheet.
9. 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. 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
  - There is an increase in the bloody drainage
  - The drain falls out.
  - The drain doesn't maintain suction.
5. Bring your sheet with you to Dr. Haddock'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.**

For medical questions, please call: Molly Mazie, RN at (214) 645-2353

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