

After Your Drain Is Placed

Important self-care instructions

This handout gives important self-care instructions to follow after your drain is placed.

For 24 Hours

- The medicine that you were given to make you sleepy will stay in your body for several hours. It could affect your judgment. Because of this, until the day after your procedure, or for 24 hours:
 - Do not drive a car.
 - Do not use machinery or power tools.
 - Do not drink alcohol.
 - Do not take medicines such as tranquilizers or sleeping pills, unless your doctor prescribed them.
- You may be lightheaded or feel dizzy. We strongly advise you to do only light activities and get plenty of rest.
- Eat as usual, if you can. If you cannot eat at first, slowly add foods that you can handle.
- Drink lots of fluids.
- You may resume taking your usual medicines, unless your doctor tells you otherwise.



Drain Site Care

- Your drain site may be sore for a few days. This soreness will go away as it heals.
- Keep the drain site and bandage clean and dry for 24 hours.

After 24 Hours

- Change the dressing if it becomes soiled. Or, change it as often as your doctor told you to.
- Cover your drain when you are bathing.

- Make sure your drain tube does not get any kinks in it. Kinks can block the flow of the drainage.
- If your drain tube becomes loose or pulls out, cover the site with a bandage and call one of the numbers below.
- If you have a drainage bag, empty it the way you were shown by your doctor or nurse. Keep track of how much drainage there is if you were told to do so.

Flushing Your Drain Tube

- Flush your drain tube as you were taught each day.
- Flush your drain tube at these times:

When to Call

Call one of the numbers below if you have:

- Bleeding or swelling at the drain site
- Any signs of infection at the drain site: redness, warmth, or discharge that smells bad
- Fever or chills
- Rapid heart rate
- More belly or back pain

Who to Call

If you have any of the symptoms listed above:

- Weekdays from 6:30 a.m. to 11 p.m., call the Ambulatory Procedure Area (APA) at 206-744-8088.
- After hours and on weekends and holidays, call the Community Care Line Nurse at 206-744-2500.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

HMC Ambulatory Procedure Area: 206-744-8088

Follow-up Visit

Return to the _____ clinic to see

Dr. _____

on _____ at _____ a.m./p.m.