

After Your Drain Is Removed

Important self-care instructions

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

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

- You may shower after 24 hours. At that time, follow your doctor's or nurse's instructions about whether to leave the bandage off or put a new one on.

- Do **not** apply cream or lotions to site.
- Watch the drain site for any changes.

When to Call the Nurse

Call one of the numbers below if you have:

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

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.

Follow-up Visit

Return to the _____ clinic to see

Dr. _____

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

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