



## HOW TO CARE FOR YOUR JP DRAIN

EMPTY IT! MILK IT! KEEP IT SECURED! ASSESS IT! REGULARLY!

### WHAT TO EXPECT:

At first, a new JP drain will drain bloody bright red drainage. This drainage is called serosanguineous fluid (which is blood and serous fluid mixed together). Then as the wound heals, the drainage will go from bright red to light pink to light yellow to clear and the amount of drainage will taper off. It is important to note for signs of infection, which would be drainage that is cloudy yellow, tan or green with a foul smelling odor. Please call our office if you have any of these signs of infection.

### WHAT TO DO:

#### **How to milk a JP drain:**

Before emptying your JP drain you will need to milk the tubing. The purpose of milking a JP drain is to prevent clot formation in the tubing. If a clot forms in the tubing you may notice a dark, stringy debris in the tubing and the bulb suction will not work.

1. Wash hands with antibacterial soap.
2. Use thumb and index finger of one hand to secure the tubing close to the insertion site.
3. Use the other thumb and index finger to gently squeeze the tubing about 5 inches away from insertion site. While the tubing is squeezed, run your thumb and index finger down towards the bulb to strip the tubing. You may want to use a clean cloth over tubes to make friction less when stripping the tubes. This may need to be done 3 to 4 times to move and drainage or debris into the bulb.

#### **How to empty the drain bulb:**

A general rule-of-thumb is to empty the JP drain when it is halfway full. This usually amounts to **1-2 times per day**.

1. Wash hands with antibacterial soap.
2. Unplug cap
3. Turn blue upside down carefully and squeeze contents into a measuring cup.
4. Clean plug off with alcohol (decreases chance of infection).
5. Compress the bulb. Re-cap the bulb (make sure the bulb stays compressed).
6. Document how much drainage you emptied. This is very important!

#### **Secure it:**

Keep the drain secure and lowered at the insertion site so it will drain properly. You may secure the drains to your garment with a safety pin but do not puncher any part of the drain tube unless using the tab specifically for this. When taking a shower you may want to use a necklace or lanyard to pin your JP drain to. Do not let your drains hang freely.

### HOW TO DOCUMENT:

You will be given a JP drain flowsheet. Every time you empty your drain make sure to document drainage amount, date and time.

### WHEN TO CALL:

- Clot formation.
- No drainage.
- Abrupt decrease in drainage.
- Appearance of dark stringy debris in tubing.
- Drainage around insertion site.

Thank you for choosing Dr. Papanicolaou to perform your surgery. Please feel free to call us at 407. 478.3151 or email us at somaplasticsurgery1@gmail.com any time if instructions are not clear or issues are not addressed by this instruction sheet.