

# MIAMI AESTHETIC SURGERY

## DRAIN SHEET



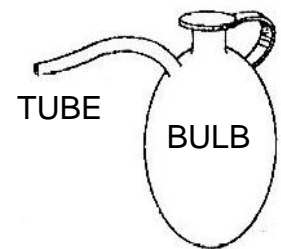
### GENERAL INFO

Optimal results for some surgeries require drains. Drains help remove fluid from your body until your body is able to do this on its own.

As long as you have your drains, you should continue to take the oral antibiotic that was prescribed for you. You may NOT swim or shower while the drains are in place. To bathe, you may use wash cloths or sponges over your body. Never soak the drain or the site where the drain meets the skin.

Drains can cause some discomfort if they are pulled or tugged accidentally. Many of our patients find it helpful to pin the bulbs onto their clothes or carry the bulbs in their bra or fanny pack (for breast or abdominal drains) to prevent tugging on the drain accidentally.

Each drain has a suction bulb (looks a little like a grenade) that will hold 100 cc (3-4 oz.) of fluid. As you continue to heal, the amount of fluid that collects in the bulb over a 24-hour period will slowly decrease. The fluid color may change from red to reddish-yellow, then to yellowish-white. This depends on where the drain is placed. The drains will be removed by your surgeon at a follow-up visit, usually 5-10 days after surgery.



**CLEANING THE DRAIN IS DIFFICULT FOR A PATIENT TO DO ON HER OWN- WE RECOMMEND ASKING A FAMILY MEMBER OR FRIEND TO HELP YOU!**

### BEFORE YOU BEGIN

Many of our patients have found it helpful to pick up the following at a local drug store:

1. Exam gloves (any brand is OK)
2. Alcohol swabs (square little packets (example to the right)- any brand is OK)



### DRAIN CLEANING SCHEDULE

Drains should be cleaned or “milked” 4 times a day:

1. Early AM: In the morning when you get up
2. Late AM: Before lunch
3. Early PM: In the late afternoon
4. Night: Before you go to bed

### MILKING THE DRAIN TUBE & MEASURING THE OUTPUT:

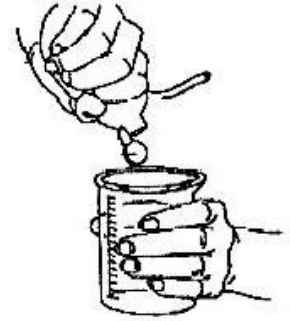
Your surgeon may take out the drain when the amount of fluid collected by a single bulb is 30 cc (1 oz) or less per day for two days in a row. Until a drain is removed, you have to clean the drain tube and empty the suction bulb four times a day OR whenever it becomes full. Follow the steps below to clean your drain.

1. Wash your hands with soap and water and dry them well. Ask anyone who is helping you to wash their hands as well. Put on the exam gloves.
2. Hold the tubing close to where it enters the skin with your hand.
3. With the OTHER hand, use the alcohol swab to squeeze the tubing while pulling the tubing away from the skin and towards the drainage bulb- this is called “milking” the drain. A video of this technique can be seen on [www.aestheticlibrary.com](http://www.aestheticlibrary.com)

### MIAMI AESTHETIC SURGERY

21355 East Dixie Hwy, Suite 108 • Aventura, FL 33180 • Tel 305-576-3443 Fax 305-576-3445  
E-Mail [office@miamiaesthetic.com](mailto:office@miamiaesthetic.com) • [www.miamiaesthetic.com](http://www.miamiaesthetic.com)

4. Repeat this milking two to three times.
5. Once you are done milking the drain, remove the drain stopper and squeeze the bulb to empty the fluid into the measuring cup (please see diagram on the right).
6. Once you are done, squeeze the bulb tight and replace the plastic stopper. The bulb should always appear collapsed.
7. Write the amount of drainage on the Drain Output Sheet (Attached). If you have more than one drain, be sure to record each drain separately (this is the only way we will know which drain is ready to be removed!).
8. Flush the fluid down the toilet. Wash the measuring cup with soap and water, dry it and save it for next time. Wash your hands with soap and water and dry them well.
9. When the total amount of drainage in a 24-hour period is 30cc (1oz) or less for any of the drains for two days in a row, call the clinic for an appointment so the drain can be taken out.
10. Carry the bulb in your bra or fanny pack. You can also secure the bulb to your clothing with a safety pin.
11. A video of this entire technique can be seen on [www.aestheticlibrary.com](http://www.aestheticlibrary.com)



### CALL THE DOCTOR'S OFFICE IF:

- There are problems with the drain, for such as leaking of fluid, clogged tubing, or the bulb won't stay collapsed.
- The fluid has an unusual color or odor.
- There is increased redness or pain around the incision.
- You have a temperature of 101 °F (38.3°C) or more.

## COMMON DRAIN QUESTIONS / FAQ

### ***"WHEN ARE THE DRAINS COMING OUT?"***

It is VERY important to take care of the drains and keep track of how much fluid comes out of each one. We can only remove a drain when it has produced less than 30 ml in a day for two days in a row.

### ***"MY DRAIN OUTPUT IS LESS THAN 30 ML FOR 2 DAYS IN A ROW, CAN I GET THE DRAIN OUT NOW?"***

It may be possible to remove the drain at this time, please call our office and ask for an appointment. You may always call or email us to let us know how much is coming out your drains at: [info@miamiaesthetic.com](mailto:info@miamiaesthetic.com)

### ***"MY DRAIN BULB WON'T STAY COLLAPSED..."***

We would like to take a look at your drain to make sure it is working properly, please call our office and ask for an appointment.

### ***"HOW LONG DO THE DRAINS STAY IN?"***

Every patient and every surgery is unique. After the surgery, drains may stay in place from 5 to 10 days. For lower body lifts, thigh lifts, tummy tucks, butt surgery, etc., they may stay in place somewhat longer.

### ***"I NEED ANOTHER DRAIN SHEET"***

Please call our office if you would like us to fax you another sheet. You can also download one at: [www.drain.aestheticlibrary.com](http://www.drain.aestheticlibrary.com)

**If you should have any questions, do not hesitate to contact our office.**

### MIAMI AESTHETIC SURGERY

21355 East Dixie Hwy, Suite 108 • Aventura, FL 33180 • Tel 305-576-3443 Fax 305-576-3445  
E-Mail [office@miamiaesthetic.com](mailto:office@miamiaesthetic.com) • [www.miamiaesthetic.com](http://www.miamiaesthetic.com)



# MIAMI AESTHETIC SURGERY

## DRAIN SHEET

**PLEASE BRING THIS CHART WITH YOU TO ALL OF YOUR APPOINTMENTS!**

		Drain 1	Drain 2	Drain 3	Drain 4
<b>Day 1</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 1 TOTAL</b>				
<b>Day 2</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 2 TOTAL</b>				
<b>Day 3</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 3 TOTAL</b>				
<b>Day 4</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 4 TOTAL</b>				
<b>Day 5</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 5 TOTAL</b>				
<b>Day 6</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 6 TOTAL</b>				
<b>Day 7</b>	Early AM				
	Late AM				
	Early PM				
	Night				
	<b>DAY 7 TOTAL</b>				

Download additional drain sheets at: [www.drain.masform.com](http://www.drain.masform.com)

MIAMI AESTHETIC SURGERY

21355 East Dixie Hwy, Suite 108 • Aventura, FL 33180 • Tel 305-576-3443 Fax 305-576-3445

E-Mail [office@miamiaesthetic.com](mailto:office@miamiaesthetic.com) • [www.miamiaesthetic.com](http://www.miamiaesthetic.com)