Useful sources of information

Pharmacy medicines helpline
For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

Phone: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)
To make comments or raise concerns about the Trust’s services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

Phone: 020 7188 8801 at St Thomas’  Phone: 020 7188 8803 at Guy’s  Email: pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)
For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas’ Hospital.

Phone: 020 7188 3416

Language support services
If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

Phone: 020 7188 8815  Fax: 020 7188 5953

NHS Choices
Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

Website: www.nhs.uk
This leaflet aims to answer your questions about going home with a drain. It explains the benefits, risks and alternatives, as well as explaining how to look after your drain and measure the drainage within a 24 hour period.

If you have any further questions, please speak to a doctor or nurse caring for you.

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Drain management chart

<table>
<thead>
<tr>
<th>Date of surgery:</th>
<th>Operation:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Specific post operative instructions in regards to the drain:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time:</th>
<th>Drain 1</th>
<th>Drain 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Location:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MLS in bottle:</th>
<th>24 hr total:</th>
<th>MLS in bottle:</th>
<th>24 hr total:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
What is a drain?

A drain is a thin PVC tube, with many holes at the end, which is placed in the cavity created when tissue is removed during surgery. The tube is added in order to remove the fluid that collects after an operation. The end of the tubing that is outside your body will be attached to a plastic measuring bottle similar to the one pictured on page 9 of this booklet.

Why do I need a drain?

Body tissues cut during your operation leak fluid after surgery. If this fluid is not allowed to drain, it can collect under the skin and potentially cause problems.

The principle reasons for having a drain to remove this fluid are:

1. To allow the wound to heal.
2. To reduce pain, as the collection of fluid in a closed cavity can cause discomfort.
3. To prevent a collection of fluid which is a potential site for infection.
4. To minimise any bruising to the area.

How does the drain work?

**Suction drainage:** An active (vacuum) drain works by gentle suction. When the suction in the bottle is active, the red vacuum indicator on the top is in a downwards (pressed) position.

The colour and amount of the fluid can be seen, which is important for the surgeon. As the area heals the
amount of drainage collected lessens until it is low enough for the drain to be removed.

**Passive drainage:** This relies on gravity to take fluid away without additional suction.

As the area heals the amount of drainage collected lessens until it is low enough for the drain to be removed.

**How long will I have the drain for?**

**This will depend on the type of surgery you have had and your individual circumstances.**

Following plastic surgery, drains are normally removed once they have collected less than 30 to 40mls in 24 hours. This process can take five to seven days but for some operations it can be up to six to eight weeks. For breast procedures the drain is usually removed within two weeks.

**What are the risks?**

You need to be aware of any potential problems. In most cases there are very few complications. Some of the complications can be:

**Infection:** An infection can occur around the entry of the drain site at any time following surgery and you may need treatment with antibiotics. Symptoms of an infection include increased swelling, redness, fluid leakage, an increase in your temperature and increased pain.

**Will I have a follow-up appointment?**

Once your drain output is less than 30mls in 24 hours and your surgical team is happy, your drain will be removed. Drain removal is usually done by a nurse in the plastic dressing clinic or on the ward. However, if you have some distance to travel this is sometimes done by district nurses. Please do not arrange for your district nurse to remove your drain without confirmation from your surgical team that the drain can be removed.

**How will the drain be removed?**

The nurse will discuss the plan with you and gain your consent to do this procedure. Please ask the nurse if you have any questions or concerns.

The nurse will remove the vacuum from the drain and then remove the dressing and the stitch holding the drain in place. You will then be asked to take a deep breath as the drain is removed. The area will be covered with an absorbent dressing. The drain site may continue to leak until the area has completely healed. This will require a simple dressing.

Depending on the type of surgery you had and your medical condition you will still require follow up appointments with your consultant teams. Please check with your nurse if you are not sure when these are.
2. What if I accidentally remove the drain or it falls out?
Do not panic. The site may leak fluid or start bleeding slightly. With a clean towel or the gauze provided place this over where the drain was and put pressure on the area for at least 15 minute or until the leakage/bleeding stops. When it stops cover the hole with a clean plaster. Contact the hospital on the numbers provided. If it continues bleeding for longer than 20 minutes, please go to your local accident and emergency department (A&E), but continue to press with a clean towel.

If you think that your drainage bottle has lost its suction, or if it has fallen out, please telephone for advice (see contact details on page 14).

3. What if the drain appears to be blocked?
Do not panic. Sometimes clots of blood/tissue can appear in the tubing and will move along and end up in the bottle. If you have any concerns please contact the plastic dressing clinic (during working hours) or out of hours call Alan Apley Ward, your GP practice nurse, or your district nurse if they are visiting you at home.

4. You think you have an infection
Symptoms of infection include increased swelling, redness, tenderness, fluid leakage, an increase in your temperature and increased pain around the drain site or if the site begins to smell. Please seek medical attention immediately by contacting the plastic dressing clinic in working hours or out of hours call Alan Apley Ward or your GP.

Seroma or collection of fluid at the wound/drain site: There is a risk that fluid may pool beneath your stitch line after surgery if the wound drains put in during the operation are not working properly. If this happens a doctor may need to remove the fluid by another method and remove the drain.

Tissue in growth: This is when tissue grows around the drain and happens occasionally when the drain has been in place for a while. This can mean when removing the drain it may be a bit more painful.

There may be other risks specific to your individual case. Your surgeon or nurse will discuss any further risks with you. If you are concerned about any of these risks or have any further queries, please speak to your consultant or a member of the medical team.

Are there any alternatives?
Your surgeon has inserted your drain/s as part of your surgical procedure and will advise on when it is best to remove it/them based on the type and amount of drainage and the surgery you have had. If they are removed too early you could suffer a build up of fluid around your operation site. If they are left in for too long there is an increased risk of infection.

Will I feel any pain?
You may feel discomfort around the drain site and may need medication to help ease this. Your surgeon will prescribe regular medication to reduce the pain. However, if you are in constant pain or get new pain you should contact the staff (contact numbers on page 14).
Stiffness can occur if you restrict your movement
because you can feel the drains moving with you. It is
normal to feel them, as they are plastic tubes sitting
under the skin, so please try to move as normal.

How can I prepare for going home
with my drain?
If you are clinically well and do not need to be in
hospital but you still need a drain, you will be offered
the chance to go home with it. This is quite normal so
there is no need to worry. The nurse looking after you
will show you how to care for your drain and give you a
chart so that you can monitor the output at home.

To go home with your drain/s you will need to meet the
following criteria:
• You have been shown how to measure your
drainage and change the drainage bottle and are
happy to do this independently at home.
• You are able to organise your own transport to and
from the hospital. This is because you may need to
get back to the hospital at short notice if you have
any problems or difficulties at home with the drain.
Alternatively we may be able to arrange for you to
stay in the Simon Hotel.
• You are able to attend the plastic dressing clinic on a
weekly basis or when the drainage is below 30mls.
• You have not had any problems with the drains while
you have been in hospital.
• You are aware and able to check for signs of
infection at the drain site.
• You can be visited daily at home by the district
nursing team if needed.

This could be due to a leak around the drain site where
it goes into the skin. The area may need resealing. This
can be done by the district nurses or in the dressing
clinic or ward. Please make sure you take home some
film dressing. Check the connection valves on the bottle
in case they have become dislodged.

In some cases you may be asked to remove the suction
before re-connecting a new bottle but you will be told
this before you go home and a nurse will demonstrate
this for you.
What do I need to do after I go home?

- Any time you need to check the drain site or change the bottle you should always wash your hands with soap and water and dry them on a clean towel, both before and afterwards.
- At home you need to remember to pick the drain up when you move around and be careful not to get the tubing caught on any of the furniture, to prevent it being pulled out.
- Do not raise the drain higher than your wound to avoid the contents pouring back into the wound.

Measuring your drainage

1. You should measure the amount of drainage at roughly the same time every day (approximately 8am).
2. Put the bottle on a flat surface. Measure the amount of fluid in the bottle since the last measurement (24 hour drainage) and also the total amount in the bottle (total drainage). Record the volume of fluid on the chart on page 15 of this booklet.
3. Mark the level of the drainage (fluid level) on the white stripe with indelible pen (e.g. a ballpoint pen or permanent marker pen) on the side of the drainage bottle.
4. Between 8am and 10am ring the plastic surgery dressing clinic (Monday to Friday) or Alan Apley Ward (weekends and bank holidays) to report your drainage. Contact details are on page 14 of this booklet.

What should I do if I have a problem?

Usually patients who go home with drains do not have problems managing their drains at home. However, there are some situations that may occur that you should know how to deal with.

1. What to do if the drain loses vacuum
   When the suction in the bottle is active, the red concertina like vacuum indicator on the top is in a downwards (pressed) position. Occasionally the suction in the bottle stops and the red vacuum indicator is pushed up (as shown in the pictures on the next page).
5. Repeat this process every day at the same time until you are seen by your surgeon or specialist nurse.

Example:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>24 hour</th>
<th>Total drainage (mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30/10/12</td>
<td>8am</td>
<td>120</td>
<td>120</td>
</tr>
<tr>
<td>Day 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31/10/12</td>
<td>8.15am</td>
<td>100</td>
<td>220</td>
</tr>
<tr>
<td>Day 2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The drain management chart for you to use can be found on page 15 of this booklet.

**Changing your drainage bottle**

You will be sent home with spare drainage bottles.

There are three reasons why your bottle may need changing at home:

1. The bottle is full.
2. The red vacuum indicator has completely expanded showing that there is no suction (as shown on page 11).
3. The tubing has become disconnected.

Follow the steps on the next pages to change your bottle. A nurse will demonstrate this with you before you go home.

1. Close the clip on the tubing.
2. Close the clip on the bottle.
3. Disconnect the tube from the bottle, by unscrewing the luer lock.
4. Screw on the new bottle. Make sure it is on tightly as loose connections can lead to loss of suction.
5. Repeat this process every day at the same time until you are seen by your surgeon or specialist nurse.

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<table>
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<th>Date</th>
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To go home with your drain/s you will need to meet the following criteria:

- You have been shown how to measure your drainage and change the drainage bottle and are happy to do this independently at home.
- You are able to organise your own transport to and from the hospital. This is because you may need to get back to the hospital at short notice if you have any problems or difficulties at home with the drain. Alternatively we may be able to arrange for you to stay in the Simon Hotel.
- You are able to attend the plastic dressing clinic on a weekly basis or when the drainage is below 30mls.
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- You are aware and able to check for signs of infection at the drain site.
- You can be visited daily at home by the district nursing team if needed.

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As the area heals the amount of drainage collected lessens until it is low enough for the drain to be removed.

### How long will I have the drain for?

**This will depend on the type of surgery you have had and your individual circumstances.**

Following plastic surgery, drains are normally removed once they have collected less than 30 to 40mls in 24 hours. This process can take five to seven days but for some operations it can be up to six to eight weeks. For breast procedures the drain is usually removed within two weeks.

### What are the risks?

You need to be aware of any potential problems. In most cases there are very few complications. Some of the complications can be:

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### Will I have a follow-up appointment?

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Useful sources of information

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Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
<url>www.nhs.uk</url>