ORLANDO HEALTH | Aesthetic and Reconstructive Surgery Institute

Jackson-Pratt Drain Care Instructions

PROPER JP DRAIN CARE IS ESSENTIAL TO YOUR PHYSICAL RECOVERY. PLEASE CONTACT YOUR SURGEON'S OFFICE IF YOUR CONCERNS ARE NOT ADDRESSED BY THE FOLLOWING INSTRUCTIONS

Drains are used following surgical procedures to allow evacuation of excess fluids from the surgical site.

The most common drain type used in Plastic and Reconstructive Surgery is the Jackson-Pratt drain, which has a small grenade-shaped collection bulb at the end of a plastic tube. The plastic tube is secured to the body by a suture.

When the bulb is compressed, a vacuum is created. This causes a gentle suction, which helps draws out any fluid collection.

HOW TO CARE FOR YOUR DRAIN

JP drain output needs to be properly measured and recorded in order for your health care provider to determine when it can be safely removed.

The collection bulb should be collapsed (flat) at all times to allow proper drainage of fluid. The bulb needs to be emptied when it is filled with fluid or when the bulb is inflated/expanded.

The JP drain can be pinned to your clothing to prevent it from becoming dislodged or pulled.

EMPTYING THE DRAINS

You will need a cup for measuring drainage which will be provided by the hospital at the time of discharge.

1. Wash your hands thoroughly with soap and water.
2. Strip the plastic tube by holding the JP drain tubing as close to the insertion point as possible (closest to the body) to secure the tube. Then using the other hand, pinch the tubing with your thumb and forefinger while applying firm pressure. Keeping fingers pinched, slide them along the length of the tube away from the body towards the reservoir bulb. You can use an alcohol swab to help slide your fingers down the tube.
3. After stripping, hold drain bulb securely and remove the emptying cap from the emptying port.
4. Turn bulb upside down over the measuring cup and gently squeeze content into measuring cup.
5. Squeeze the middle of the bulb to collapse the bulb.
6. While squeezing the bulb, replace the emptying cap to the emptying port. The bulb should remain flat, creating suction.
7. Record the output of drainage inside the measuring cup in "cc" unit (not ounces/oz.)
8. Dispose of drainage in measuring cup (AFTER the amount is recorded) in the toilet.
9. You should empty and record the drain output at least twice daily; once in morning and once in evening
   IF YOU HAVE MORE THAN 1 DRAIN, MAKE SURE TO MEASURE AND RECORD THE DRAINAGE OF EACH ONE SEPARATELY. DO NOT ADD THEM TOGETHER.
10. Bring the record of your drainage output to every post-operative visit with reconstructive surgery until your drains are removed.
11. Drainage color may change over time. Normal colors include red, pale red, amber, and clear. You will see "strings" within the bulb.

JP DRAIN TROUBLESHOOTING

Problem	What To Do?
If JP drain is not holding suction	The emptying port may not be closed securely or the bulb is not compressed enough. Please repeat steps 2, 5, and 6 from above. If bulb is still expanded, contact the office *during business hours*.
If JP drain is pulled out or dislodged	Do not attempt to re-insert the drain. Cover the insertion site with gauze and contact the office *during business hours.*
If the JP drain insertion site is red	Slight redness and discomfort around the JP drain insertion site is not unusual due to movement of tube against the skin. If redness is larger than the size of a quarter and swelling/heat is present, contact the office *during business hours*.
If there is a large amount of leakage around the JP drain insertion site	Drainage from around the insertion site is normal; please re-enforce the JP site dressing with gauze. Remove saturated dressing and replace with dry gauze as needed.
If the JP drain output abruptly decreases or stops	Strip JP drain tube as in step 2 above every hour. If still no output noted in 12 hours, please contact the office *during business hours*.
If there are "clots" in the JP bulb	String-like clots within the bulb are normal. Continue measuring