



DRAIN CARE INSTRUCTIONS

Purpose of the Drain

- Surgical drains are placed to remove fluid and blood from the surgical area, reducing swelling and preventing complications
- They are temporary and will be removed once drainage decreases to a safe level, usually after a few days



Emptying the Drain

- Wash your hands thoroughly with soap and water before handling the drain
- Hold the bulb upright and kink the drain tubing with your other hand to prevent backflow
- Open the plug carefully and empty the contents into a clean measuring container
- While still keeping the tubing kinked, gently squeeze the bulb to re-establish suction
- Close the plug securely and then release the kink. Ensure the bulb remains compressed (flat) this means suction is working



Measuring and

Recording Output

- Measure the amount of fluid each time you empty the drain, using milliliters (ml)
- Record the date, time, and amount on the Drain Output Record Sheet below
- Add up the total drainage every 24 hours
- Bring your record sheet to every follow-up appointment

Drain Site Care

- Keep the drain insertion site clean and dry
- If instructed, change the small dressing around the site daily or when it becomes wet
- Secure the tubing to your clothes with a safety pin to prevent pulling or accidental removal

Follow-Up Schedule

- Drains are usually removed when output is less than 25 - 30 ml in 24 hours for two consecutive days, or as directed by your surgeon
- Removal will be done at the clinic under sterile technique

Date	Time	Amount (ml)	24 Total (ml)	Notes



When to Call the Clinic

- If the drain suddenly stops collecting fluid in the first days after surgery
- If the bulb does not stay compressed
- If drainage becomes bright red, very cloudy, foul-smelling, or increases suddenly
- If you notice redness, swelling, or pus at the drain site
- If the drain falls out or is accidentally pulled out

Lifestyle Guidance SOMA Protocol

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



Warning Signs

- Sudden or increasing swelling in one arm
- Severe pain not relieved by medication
- Redness, warmth, foul odor, or pus from the incision
- High fever ($>38.2^{\circ}\text{C}$)
- Shortness of breath or chest pain, or any other newly appearing symptom that worries you

Important

- These are general guidelines. The doctor may modify or change instructions depending on your healing progress

CONTACT US

Website :
www.doraevangelidou.com

Phone No :
+971 58 566 3900

After- Hours No:
+971 4 520 0444

Email :
info@doraevangelidou.com

