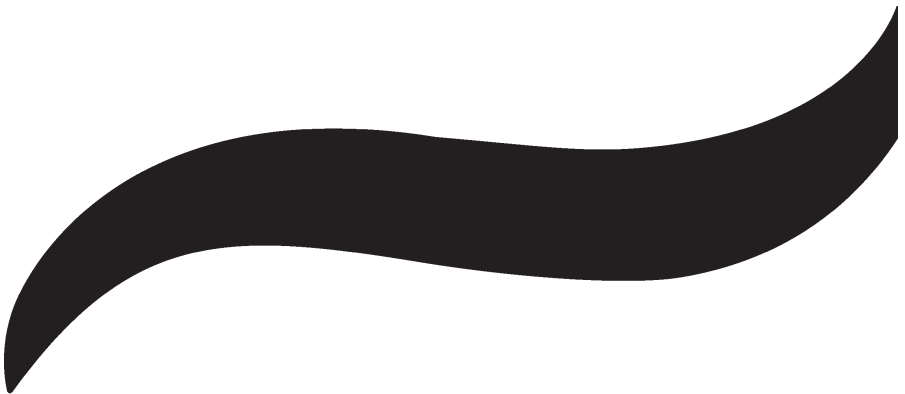




Breast Drain Advice Leaflet

Information for patients



GOING HOME WITH WOUND DRAINS FOLLOWING BREAST SURGERY

Please read this leaflet and discuss any queries you have with the nursing team before you leave hospital.

You will be going home with one or two drains following your recent breast surgery.

Nursing staff will instruct you on how to maintain your drain(s) at home.

The drains should stay in place until you return to clinic on

when they will be reviewed and are likely to be removed.

Contact details for your Breast Care Nurse are provided on the back page.

AT HOME

The drains have stitches to hold them in place and the area of skin where the tube exits is covered by a clear waterproof dressing. You can wash or shower with them in place.

Exercising your arm should not cause the drain to dislodge. You should carry out your exercises as instructed by nursing/therapies staff.

The fluid may initially be blood stained but will appear as clear yellow fluid after 2 or 3 days.

Empty the ball of the drain daily as you have been shown by nursing staff.

If the drainage bag is full, contact the ward to have the bag changed over.

What should I do if my drain becomes dislodged?

- ❖ Do not be alarmed. Some fluid may escape on to your clothes.
- ❖ Place the pad and dressing which was provided over the small hole and apply pressure to the site.
- ❖ Contact your breast care nurse to arrange to be seen in clinic. After 5pm or if you are unable to contact your breast care nurse then please contact NHS24 or attend A & E.
- ❖ Do not discard the drain and fluid bag. Bring them with you to the hospital for disposal.

What should I do if the tubing disconnects from the bag?

- ❖ Don't panic.
- ❖ Wrap the dressing around the end of the drain and arrange to be seen on the ward.
- ❖ Do not discard the drain and fluid bag.
- ❖ Bring the drainage bag with you to the hospital.

WOUND ADVICE

If you experience any of the following or have any other concerns about your wound you should contact:

Your Breast Care Nurse - 9am – 5pm, Monday - Friday

Out of hours- NHS 24 or attend A&E

- ❖ If you have excess leakage from the area where the drain comes out, cover it with a pad and dressing before calling.
- ❖ If the area around your wound is swollen and there is no drainage into the bag.
- ❖ If you are concerned about redness, swelling, bruising and/or pain.

WOUND/DRAIN MAINTENANCE - EMPTYING THE BALL

The drain tip is under the skin of your wound and connected by tubing to the corrugated ball which is then connected to a bag. The “squeezy” ball pulls the fluid out of the wound. You should empty the “ball” each day.

Follow these 5 steps when you are getting dressed in the morning.

Step 1

Close clip 1

Step 2

Open clip 2

Step 3

Squeeze the ball and the fluid will flow into the bag.

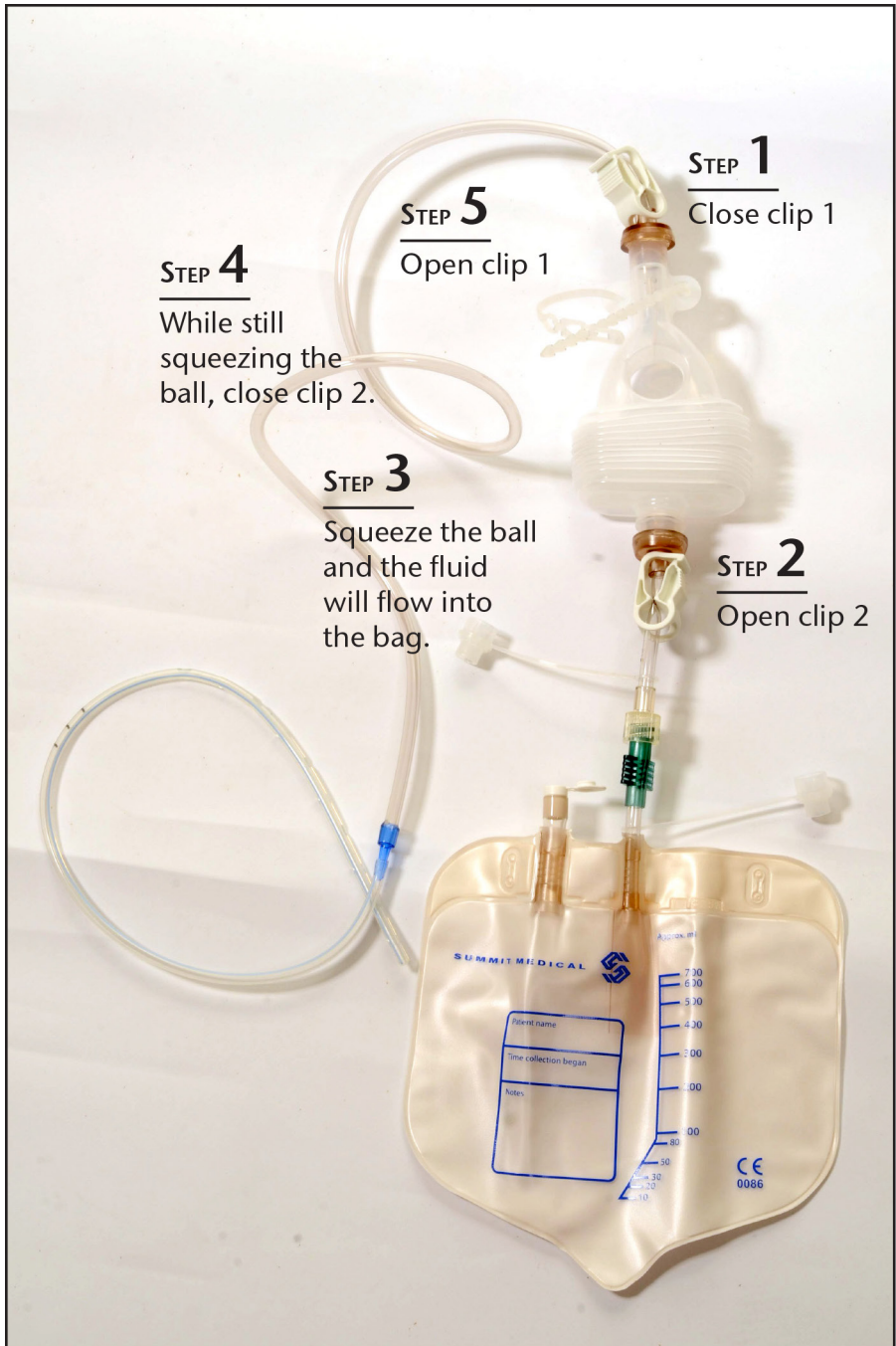
Step 4

While still squeezing the ball, close clip 2.

Step 5

Open clip 1

It is also useful if you record the volume of fluid in the bag each day after emptying the “ball”. Just look at the total volume in the bag and write the number down (on the back of the bag as the ward nurses may have been doing in the hospital).



STEP 1
Close clip 1

STEP 5
Open clip 1

STEP 4
While still squeezing the ball, close clip 2.

STEP 3
Squeeze the ball and the fluid will flow into the bag.

STEP 2
Open clip 2

Hairmyres contacts

Breast Care Nurse Tel No: 01355 585381

Monklands contacts

Breast Care Nurse Tel No: 01698 752486

Wishaw contacts

Breast Care Nurse Tel No: 01698 366181

**If you are unable to contact
any of these please call
NHS 24.**

**or attend A&E
NHS 24 - Tel No: 111**

NHS Lanarkshire - for local services
and the latest health news visit
www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health
information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

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