



## Jackson-Pratt (JP) Drain Care Instructions

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Empty the drain at least two times each day (morning and evening), or when the bulb is 1/3 full. Record the output each time you empty the drain on a sheet of paper. To prevent the drain tubing from getting clogged, you will need to “strip” the tubing twice a day, or as needed (see movie in the resources section of our website). Stripping means that you use your fingers to squeeze along the length of the tubing to help prevent clots and maintain the flow of drainage. If you notice leaking from around your drain site or an abrupt decrease in the drain output, this is a sign that the tubing may be clogged. Strip the drain repeatedly until it begins draining into the bulb again. Contact our office if this does not resolve.

### To strip the drain:

- Wash your hands with soap and water.
- Using one hand, firmly hold the tubing near the insertion site (close to your skin). This will prevent the drain from being pulled from your skin while you are stripping it.
- Using your index finger and thumb of the other hand, squeeze the tubing below the first hand. You should squeeze it firmly enough so the tubing becomes flat.
- As you are squeezing, slide your index finger and thumb down the tube toward the bulb. Then, release the tubing held by the hand closest to your body. Repeat. (Do not release the pressure you are creating in the tubing until you reach the bulb.)

### To empty the drain:

- Carefully remove the plug from the top of the bulb and gently squeeze all of the drainage into the measuring cup provided for you.
- To re-create suction, clean the opening with an alcohol wipe, squeeze the middle of the bulb and replace the plug. The drain functions correctly when the bulb is collapsed.
- Rinse the measuring cup and wash your hands with soap and water.
- Record the date, time and amount of fluid on your drain output sheet.

When your drain output is below 30 ml in a 24-hour period for two consecutive days per drain (unless otherwise specified by your doctor), call the office to schedule an appointment for drain removal. Please bring your output record to your appointment. If your drain has not met criteria for removal after 2 weeks, please call the office to see if prophylactic antibiotics are indicated. **Do not submerge the drain sit under water (including showering) until the drain is removed.**

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