

Contact numbers

Ward 12C 020 359 41210

Ward 3D 020 359 41320

Lead Nurse for Plastic Surgery

Daren Edwards – 020 7377 7000 Ext 46031 / bleep 1194

Daren.edwards@bartshealth.nhs.uk

Clinical Nurse Specialist

Siobhan Moriarty – 07709134148 / bleep 1022

Siobhan.moriarty@bartshealth.nhs.uk

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Tell us what you think

Tweet us **@NHSBartsHealth**

Talk to us via **www.facebook.com/bartshealth**

Leave feedback on NHS Choices www.nhs.uk

Reference: BH/PIN/652

Publication date: August 2017

All our patient information leaflets are reviewed every three years.

Patient information

Managing your drains at home

Department of Plastic Surgery

2nd Floor John Harrison House

Royal London Hospital

London E1 1BB

020 3594 7192 or 020 3594 7195



Going home

You are being discharged from hospital with a drain(s) in place. The drain removes excess fluid from the site of your wound and will remain in place until the drainage has fallen below a certain level.

How do I look after the drain at home?

Measuring drainage

While you were in hospital the nursing staff measured the amount of fluid in your drain every day. You will need to continue to do this when you are at home. Please follow these instructions:

- We ask that you measure the fluid in the bottle at the same time every day. There is a chart at the end of this leaflet and you should write down the amount each day on the chart.
- You must remember to pick up the drain(s) when you move around so that they are not accidentally pulled out.

Can I resume normal activities at home?

You can slowly resume activities such as short walks but you should refrain from heavy lifting or bending until you have been seen by the plastic surgeon.

Do not drive following discharge from hospital until you have been reviewed at your outpatient appointment and advised by your surgeon that it is safe. Your agility and strength in the drainage area is reduced and sudden movement could exacerbate your pain levels. Your insurance company may also decline you cover during this period.

Indicate place of drain (Groin) (Axilla)	Drain 1	Drain 2
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		

Indicate place of drain (Groin) (Axilla)	Drain 1	Drain 2
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		

Will I experience pain or discomfort from the drain?

For some people having a drain in the groin or arm pit can be uncomfortable. You will be given painkillers to go home with and should you need any further supplies, you should contact your GP.

What about exercise?

Short walks are a good way to increase your stamina and you should also practice deep breathing exercises to help your chest muscles expand. Remember to eat a healthy diet at home as this will increase your strength and energy.

What should I do if the drain falls out?

Don't panic! If your drain becomes dislodged or falls out you should contact the ward you were treated in. The ward can contact the plastic surgeons who will be able to give you advice on what to do next.

You should also contact the ward if you experience the following:

- If you feel the pain around your drain has changed or is becoming worse.
- If you feel hot and sweaty
- If you have a temperature
- If there is a persistent or worsening discharge around your drain site and dressing

Follow up appointments

You will be given an appointment to be followed up in the Plastic Dressing Clinic where the nurses can look at your drain site and re-dress the area. The drainage bottles are also changed in the clinic. The nurses will need to check drainage chart on this leaflet so that they can assess how much has drained from your body and if it is a suitable time to have the drain removed.

Indicate place of drain (Groin) (Axilla)	Drain 1	Drain 2
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		

Indicate place of drain (Groin) (Axilla)	Drain 1	Drain 2
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		
Date		