

## Useful contact numbers:

Plastic Surgical Nurse Practitioner: **07901943767**  
Plastic Trauma Co-ordinator: **01296 31500 (bleep 774)**  
Monday to Saturday 07:00-20:00

Out of hours: Plastics On-Call Doctor: **01296 315000/Bleep 524**  
Plastics Dressings Clinic: **01296 315653**  
Ward 15 (SMH): **01296 416500**  
Ward 16B (SMH): **01296 418110**  
Ward 12A (WGH): **01494 426401**  
Plastic Consultant Secretary: **01296 316639, 315119, 315117**  
**Or Email: Plastic.SurgeryElective@buckshealthcare.nhs.uk**

### Plastic Surgery Department

Buckinghamshire Healthcare NHS Trust  
Stoke Mandeville Hospital, Mandeville Road, Aylesbury  
Buckinghamshire, HP21 8AL

### How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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## Going home with drains

### Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

## Drain monitoring

Day	24 Hour Volume	Running Total
1		
2		
3		
4		
5		
6		

## Follow up appointments

Date/ Time	Clinic	Location

Please use this space to write down any questions you have

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### General care of the drain site at home

Whilst your drain is in place we advise that you avoid getting your drain site wet if you can. You will be given spare dressings in case you need them.

Every 24 hours write down how much has been drained on the table included in this leaflet. This is important for us to know at your next appointment so that we can assess whether your drains can be removed.

If you need new bags we can provide these for you at your next appointment in clinic.

If the drain accidentally falls out simply apply a dressing over the drain site. Using the contact details at the back of this leaflet arrange an appointment with a member of the Plastic Team.

It is unlikely that any immediate action will need to be taken. If fluid does collect this is known as a seroma and we will monitor this to assess whether it will need to be drained.

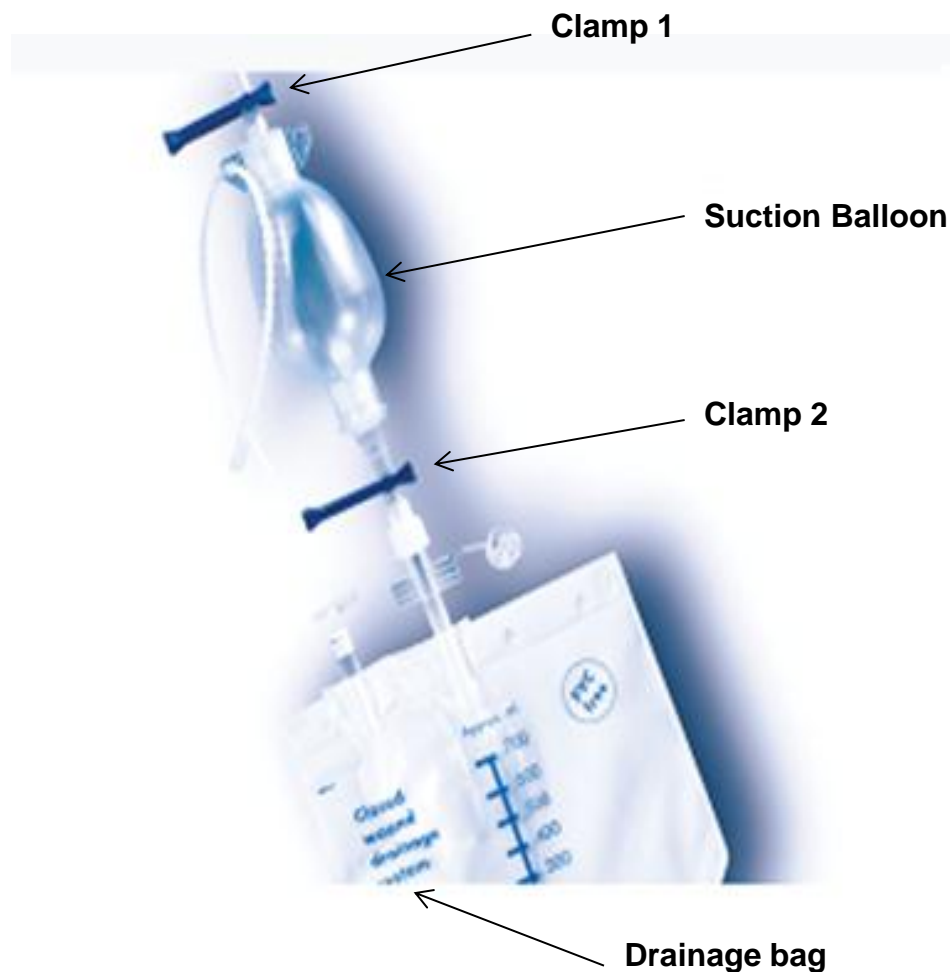
It is advisable not to undertake any strenuous activities such as vacuuming, ironing, carrying young children etc. Whilst at home with the drains in place it is important that you continue any exercises given to you by the Physiotherapist when you were on the ward.

### Removal of drain

An appointment will be made for you to attend one of our clinics on Ward 15 at Stoke Mandeville or PDC (plastics dressings clinic, opposite ward 11) to have your drain removed. We will only remove the drain if drainage is less than 50mls in 24 hours. To remove the drain we remove the stitch and gently slide the drain out. A dressing is placed over the drain site and the hole should seal itself within 24 hours. Until this time you may notice some ooze from the drain site.

### How to empty your drains

The drains we usually insert during your procedure are 'low suction drains'. They will look similar to the picture below:



## Instruction on how to empty your drains

**Step 1** – Close **Clamp 1**

**Step 2** – Open **Clamp 2**

**Step 3** – Squeeze the **Suction Balloon** so that all of the fluid has been pushed into the **Drainage Bag**

**Step 4** – Close **Clamp 2**

**Step 5** – Open **Clamp 1**

**Additional Step 6** – If you need to change the bag make sure **Clamp 1** is open and **Clamp 2** is closed. The **Drainage Bag** simply twists off. Twist the new bag on ensuring it fits tightly

## Purpose of the drains

The drains are placed in the wound at the end of the operation and drain excess fluid for several days. The fluid (serum) is a clear, light straw or blood stained fluid produced by all wounds. There is a length of tubing that leads from the wound into a suction bottle. The drainage gradually ceases and most drains are removed after 5 days when there is less than 50mls drained over 24 hours.

The drain is stitched to the skin to hold it in place and it is unusual for it to become dislodged. Infection of the drain site is also very uncommon.

## Advice on early discharge with drains in place

You have been advised that you will be discharged home with the drains in place.

There is no increased risk of infection or of any other complication following surgery by allowing you to recover in your own home. Many patients comment that they feel happier at home with their families.

## Advice on early discharge with drains in place

One of the Plastic Team or the Ward Nurses will check the wound and your drain site before you go home. The drain will be emptied before discharge and the nurse will make a note of the amount of drainage.

The care of the drains at home will be clearly explained to you and there will be the opportunity to ask questions.

You may wish for one of your family members to be involved in this discussion. It is important you are confident about going home.