

EMPTY YOUR DRAINS

It is common to have surgical drains inserted during chest construction surgery. A surgical drain is a tube placed at the surgical site to allow fluid (like blood) to leave your body. The fluid collects in a plastic pouch. You will be taught to regularly empty your drains into a small measuring cup and record the amount of fluid each time. This record will help your healthcare providers decide when the drains can come out. Once the flow slows or stops, your surgeon, doctor, or nurse practitioner will remove the drains. The amount of time drains are needed varies from person to person. **Use the chart below to record the amount of fluid.**

Day	Right drain	Left drain
Day 1	morning night total	morning night total
Day 2	morning night total	morning night total
Day 3	morning night total	morning night total
Day 4	morning night total	morning night total
Day 5	morning night total	morning night total
Day 6	morning night total	morning night total
Day 7	morning night total	morning night total

For more information, please visit transcarebc.ca