

## INFORMATION FOR PATIENTS

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# Breast drain advice

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Sometimes, after breast surgery, a drain is placed into the wound to remove blood and tissue fluid to allow good healing. Going home with a drain in place allows you to leave hospital earlier, enabling you to benefit from the comfort of your own home and support from your family and friends.

There is no increased risk of infection or other complications by allowing you to recover at home.

The drain works by low pressure suction. It helps prevent swelling caused by fluid collection and minimises bruising. The drain is stitched in place; it is unusual for it to become dislodged.

## How to look after your drain

It is easy to look after your drain at home:

- Keep the drain site dry.
- Avoid heavy lifting.
- You may find it easier to carry your drain in a small bag during the day.
- At night it may be more comfortable to sleep with a small pillow under your arm to take the pressure off the drain tubes and operation site.

Please contact your **Breast Care Nurse on 01623 622515, extension 3884** each morning with the amount of fluid drained. Over the weekend, chart the amounts and contact the team on Monday.

We will tell you when it is time to take the drain out (usually when the drainage is less than 50mls in 24 hours). Arrangements will be made for the drain removal to be done in the Breast Unit.

## How to empty your drain and measure drainage

You should measure the drainage amounts daily at the same time.

1. Wash your hands.

2. Close the top clamp.



3. Open the bottom clamp.



4. Compress (squash down) the bellow to allow the fluid to run in to the bag.



5. Measure how much fluid is in the bag and write it down. Empty the fluid down the toilet.



6. Close the bottom clamp.
7. Open the top clamp.
8. Wash your hands.

**Please contact your Breast Care Nurse or hospital if:**

- There is excessive leakage around the tube.
- You have any fever or raised temperature.
- The drain accidentally falls out or the tubing disconnects (cover your wound with a clean cloth).
- Any bleeding occurs (apply gentle pressure).
- The bag is full.

**Contact numbers:**

- Breast Care Nurses - 01623 622515, extension 3884 (9am-4.30pm).
- Day Case Unit - 01623 622515, extension 6061.
- NHS 111 – call 111.

**Record your drain amounts below:**

<b>Date</b>	<b>Drain amount</b>

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202206-04-BDA Created: November 2017 / Revised: June 2022 / Review Date: June 2024</p>
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