



## JACKSON PRATT (JP) DRAINS

It is important to massage and mobilize your scar to restore normal mobility of the skin and underlying tissues following your breast surgery. You can make a difference by helping your scar move more freely and making the scar thinner and smaller. Also, if your scar moves more freely, this will help avoid any limitation of future movement. You may begin massaging the scar when it is well healed (all the scabs have fallen off naturally). Be sure to start gently with the massage and progress to a deeper but comfortable pressure. You should never feel sharp, stabbing pain — slight discomfort, as in a pulling or slight burning sensation, is common.

### EMPTYING THE DRAIN BULB (twice a day, or when full)

1. Wash your hands, then remove the plug from the pouring spout. Try to avoid touching the inside of the plug or the spout opening.
2. Pour the fluid into a specimen cup. You may squeeze the bulb gently to assist in emptying the bulb.
3. Squeeze or compress the bulb firmly with your hands and reinsert the plug into the spout, while keeping the bulb compressed. The self-suction has now been re-established.
4. Measure and record the drainage amount in “cc” or “ml” or “oz” on the back of this sheet.
5. Flush the fluid down the toilet or sink and wash your hands.
6. Measure and record the drainage once or twice a day — usually when you wake up and before going to bed. However, the bulb should also be emptied when it appears half full or halfway expanded.

**Call Dr. Bartholomew 503.488.2345 with drain related concerns such as fever over 101 F, foul odor, redness at drain exit site, or if the tubing becomes dislodged.**