

# Going home with your drain



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# Going home with your drain

After breast surgery some women may have one or two drains in place. These stay in place until the daily drainage has reduced and it may take a few days to reach this stage. As you will be up and about shortly after your operation you will be able to go home with your drain in place. This will allow you to have the support of your family and friends close at hand, be in your own home and be able to sleep in your own bed.

The drain is very easy to care for and the nurses on the ward will show you how to care for the drain.

## How to care for your drain at home

- Your drain will be coiled securely and padded with a dressing to ensure it is safe. Spare dressings will be provided.
- You will have a bag in which to keep and carry your drain.
- You may be referred to the district nurses during your time at home with the drain in place.
- You may be asked to record the amount of drainage in any 24 hours or the district nurses may do this. The record is included.
- You will be asked to return to the ward or a Macmillan Breast Care Nurse clinic to have the drain removed. Please bring the record with you.
- You will be able to wash normally, but you should try to avoid soaking the dressing.

Sometimes the area around the drain may be uncomfortable. If this occurs you may find it helpful to take some pain relief. You will be provided with pain relief on your discharge from hospital and this should be sufficient. If you experience severe pain you should contact the Macmillan Breast Care Nurse or Ward 11.

If you have any worries or problems with your drain, please contact:  
**Macmillan Breast Care Nurses on 01270 612130**  
(Monday - Friday 9am - 4pm, excluding bank holidays)  
**Ward 11 on 01270 612048** (24 hours, 7 days a week)  
**Treatment Centre Ward Area on 01270 277922/277923**  
(Monday - Friday 7am - 9pm, excluding bank holidays)



### **Step1.**

Wash your hands thoroughly. Squeeze drainage through from disc into drainage bag.



### **Step 2.**

Take a measurement from the bag and record it on the drainage record chart.



### **Step 3.**

Hold bag and twist round by  $\frac{1}{4}$  (90° degrees) so that the bag and disc become unattached.



### **Step 4.**

Put the stopper on the disc.



### **Step 5.**

The drainage can then be emptied down the toilet and flushed away. Reattach the bag to the disc.

**Date of Operation:** .....

**Operation:** .....

Date and Time	Drain 1	Drain 2



# Useful telephone numbers

## **Breast Cancer Now**

5-13 Great Suffolk Street  
London SE1 0NS  
Tel: 0808 800 6000  
[www.breastcancernow.org/](http://www.breastcancernow.org/)

## **Macmillan Cancer Support**

89 Albert Embankment  
London SE1 7UQ  
Tel: 0808 808 0000  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

## **The Lymphoedema Specialist Team**

St. Luke's Hospice  
Grosvenor House Queensway, Winsford, Cheshire, CW7 4AW  
Direct Line: 01606 555682/555683 or hospice reception 01606 551246

## **Cancer Research UK**

PO Box 123  
Lincoln's Inn Fields London WC2A 3PX  
Tel: 020 7242 0200  
[www.cancerresearchuk.org/about-cancer](http://www.cancerresearchuk.org/about-cancer)

## **Macmillan Information and Support Service**

Leighton Hospital  
Direct Line: 01270 273603  
Email: [macmillaninfo-support@mcht.nhs.uk](mailto:macmillaninfo-support@mcht.nhs.uk)