
Hand and Upper Extremity Clinic

JP Drain Care & Instructions

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Drain Care and Instructions

Caring for an upper extremity post-surgery JP drain involves **emptying and milking the drain bulb, checking and changing the dressing, maintaining hygiene, and securing the drain to prevent pulling**. You should **avoid showering for 48 hours**, and never soak in a tub or swim until your doctor says it's okay. Always wash your hands before and after any drain care.

Drain care steps

- **Emptying the drain:**

- Empty the drain every 8 hours
- **Record the drainage daily**
- Wash your hands.
- Prepare a clean area with a measuring cup and a log to record drainage.
- Unplug the stopper and turn the bulb upside down to empty the fluid into the cup.
- Note the time, amount, and color of the drainage, along with any clots.
- Flush the fluid down the toilet and rinse the measuring cup.

- **Maintaining suction:**

- Squeeze the bulb firmly to remove all the air.
- While keeping the bulb compressed, securely replace the stopper.

- **Milking the drain:**

- Gently hold the tube near the body and slide your fingers down the tube to push any clots into the bulb.
- This helps prevent the tube from getting clogged.

- **Dressing changes:**

- Wash your hands.
- Carefully remove the old dressing, being careful not to pull on the drain.
- Clean the skin around the insertion site with saline and gauze, and then dry the area.
- Apply a new, clean dressing.
- Pin the drain to your clothing or a surgical garment to prevent pulling,

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ensuring the pin doesn't
puncture the tubing.

Activity and hygiene

- **Showering:**
 - After 48 hours, you can take a shower.
 - Let soapy water run over the area, but do not scrub the incision or drain site directly.
 - Pat the area dry gently. A new dressing is optional; you can also leave the site open to air.
- **Bathing and swimming:**
 - Do not take tub baths, swim in pools, or enter any other body of water until your doctor approves.
- **Exercise:**
 - Avoid strenuous activities, heavy lifting, running, or jumping until you are cleared by your doctor.

When to contact your doctor

- New or increasing pain around the tube.
- Redness, swelling, or warmth at the insertion site.
- Drainage that changes from red to milky, white, or gray.
- Foul-smelling drainage.
- Fluid leaking around the tube.
- A sudden increase or decrease in the amount of drainage.