



Neil J. Zimmel, MD

Certified American Board of Plastic Surgery

14051 St. Francis Blvd., Suite 2209

Midlothian, VA 23114

p: 804.423.2100 • fx: 804.423.2102

www.drzimmel.com • drzimmel@drzimmel.com

Drain Care Instructions

Your surgery required the placement of drains to remove excess fluids from your wounds. You will notice clear tubes exiting your body connected to small reservoirs. Dr. Zimmel and his staff will teach you how to care for the drains after surgery. Please empty the drains every 12 hours and record the volumes. List the volumes of each drain separately and then total the individual drain outputs every 24 hours.

After the volume becomes low enough the drains will be removed. It is important that each drain is recorded separately.

Please strip the drains every four hours while awake and as needed. Stripping the drain tubes removes clots from the tubes and allows them to drain effectively. Stripping the tubes is very important to proper drain function. The drainage will initially be red in color and progressively become thinner in character and change to a pale red and eventually become clear or straw colored. The time required for these changes to occur varies between patients.

You may shower 48 hours after surgery with drains, but you may not submerge yourself. Let the soap and water run over the site where the drains enter the skin. After showering pat the incisions and drains dry. You may then redress. This will help keep the incisions and drain sites clean and promote effective wound healing.

Please call the office if you if you develop an elevated temperature.

Please notify Dr. Zimmel if:

- If you experience a significant increase in pain in or around the area of surgery
- If you develop a temperature above 101.5° F
- If you develop redness (like a sunburn) around your incisions

For any questions or concerns, call us at (804) 423-2100.