

## 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.

Measure how much is in your drain daily before emptying, making sure you do this at the same time every day. When the amount is less than 50mls in 24 hours then contact the breast nurses to arrange to have it removed in the Breast Unit.

If you have any concerns with your drain then contact the breast nurses on 01623 622515, extension 3884, between 9am and 4.30pm.

## 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 into the bag.



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



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



## **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: PIL202603-06-BDA Created: November 2017 / Revised: March 2026 / Review Date: March 2028</p>
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