



您有疑问吗？

我们很重视您的疑问。如您有疑问或顾虑、请与您的医生或医护人员联系（在出院须知上有注明）。

诊所：

电话号码：

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

4-Northeast Nursing Unit

Box 356085

1959 N.E. Pacific St. Seattle, WA 98195

206-598-4422

病人教育

4-Northeast



球状密封引流袋的护理

杰克生-勃瑞特或布莱克氏引流袋

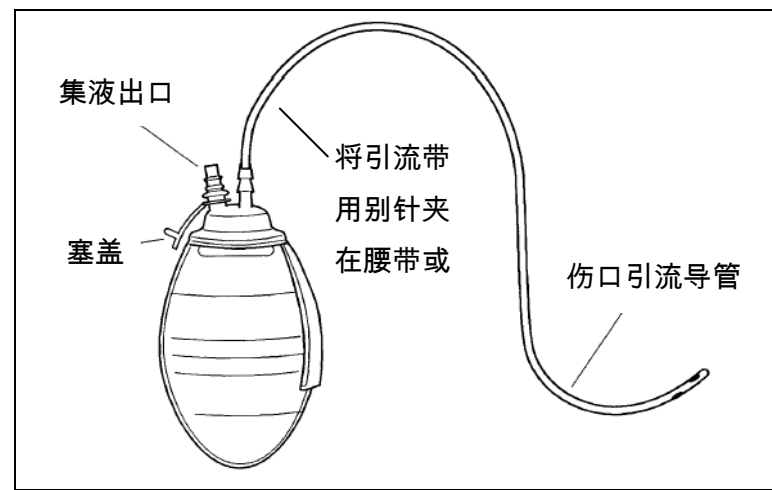
如您所装置的是杰克生-勃瑞特®或布莱克®氏的引流系统。且出院后导管仍然按装置在身上。请详读此小册、它为您解释在医护人员将它取出前、您如何在家护理引流袋。

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集液记录表第 1 页

Day 日期	Time 时间	Amount 集液量	Color 颜色	Smell 气味

- 以手将集液袋挤平扁。再将盖塞盖住出口。
- 查看量杯的量度、将流液量登记在记录表上。
如您有一个以上的引流袋请分别标明 1 或 2。
- 查看集液的颜色及气味。如有异味、请致电诊所如在下班时间请联系当值医生。
- 将集液倒入厕所。
- 用别针或夹子将引流袋固定在衣服上。
- 以肥皂及清水洗手。



杰克生-勃瑞特氏(JP)引流袋

引流口保持清
洁、干燥。

每日更换敷料、
如敷料浸湿或污
垢、则需更换敷
料。

如何换敷料

每日更换一次、如敷料浸湿或污垢则更换多几次)：

- 先将材料预备妥当：
 - a) 2 英寸宽的纸胶带
 - b) 4" x 4" 或 2" x 2" 平方寸的纱布。
- 以肥皂及清水洗手。
- 打开胶布、取出引流部位的旧敷料。观察该部位有无发红或异味。
- 洗去导管边/皮肤上任何干的东西。向医护人员查问清楚可使用何种清洁液、清洁胶或油膏。
- 先将适量的纸胶带及纱布预备好。
- 打开纱布袋、取出 3 片纱布。谨可接触纱布的边缘、将两块纱布对折放在导管两边的皮肤上一边放一块。然后将第三块纱布覆盖在此两块纱布上。
- 用胶带固定敷料。并用胶带将纱布全部覆盖。

洗澡

- 在戴着引流袋时切勿洗澡、泡热水澡、或游泳；以避免将敷料浸湿。
- 您可在安置引流袋 48 小时后淋浴。为了避免引流袋滑脱不要让引流袋悬挂

着、以一手拿袋或将引流袋置于身边不会滑落的地方。您可能需要有人协助您淋浴。

- 您何时才可洗澡：
 - 引流袋已取出、皮肤已愈合。
- 并且
 - 插引流袋的部位已停止流液。

挤压导管

如您的医护人员告诉您需要挤压导管时请依照下列步骤：

- 一手以酒精棉包住靠近敷料部位的导管。
- 以另一手握紧酒精棉垫及敷料之间的导管来固定它。
- 藉挤压酒精棉垫来挤压导管、一边挤压一边将棉垫移向集液球袋。随即松开。

什么情况下需要与医生联络

当有下列症状时请致电诊所：

- 开刀处或插导管处发生红肿。
- 开刀处或插导管处流液。
- 疼痛增加或止痛药无效。
- 集液球袋不能保持压缩状态。
- 流液混浊或有异味。
- 体温超过华氏 101.5 度或摄氏 38.5 度。

Questions?

Your questions are important. Call your doctor or health care provider (listed on your discharge paperwork) if you have questions or concerns.

Clinic:

Phone Number:

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Closed Bulb Drain Care

*For a Jackson-Pratt (JP) or
Blake drain*

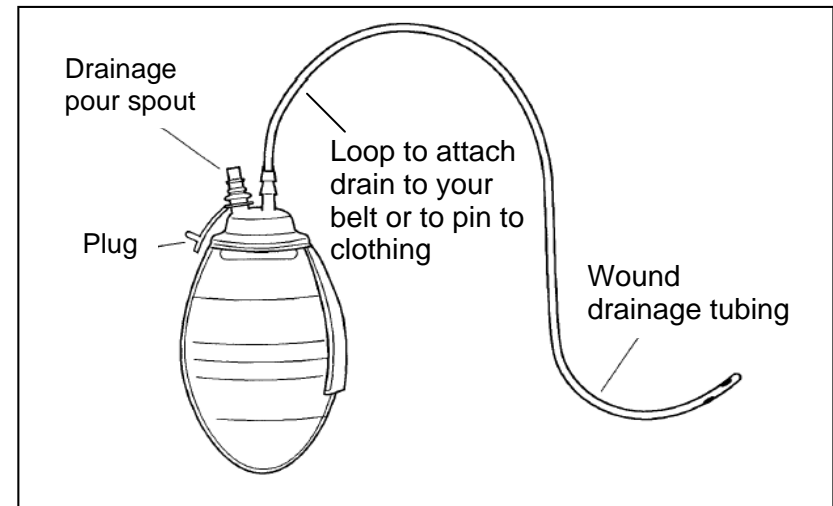
When you go home, you may have drains still in place. You will have a Jackson-Pratt (JP) or Blake self-contained drainage system. This handout explains how to care for your drains at home until your health care provider takes them out.

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Record for Drain 1

Day	Time	Amount	Color	Smell

- Then squeeze the bulb flat with your hand. Put the plug back into the spout.
- Look on the side of the measuring cup to see how much fluid you drained. Write this amount on your drainage record sheet. If you have more than one drain, label them 1 and 2.
- Check the drainage for color and smell. If you notice a foul odor, call your clinic or the doctor on call if your clinic is closed.
- Empty the drainage into your toilet.
- Pin or clip the drain bulb back onto your clothing.
- Wash your hands with soap and water.



Jackson-Pratt (JP) closed bulb drain

Keep the area where your drain leaves your body clean and dry. Change your dressing once a day, or more often if it gets wet or dirty.

How to Change Your Dressing

Change your dressing 1 time every day, or more often if your dressing gets wet or dirty:

- Gather supplies:
 - a) 2-inch-wide paper tape
 - b) Gauze pads, either 4-inch or 2-inch squares
- Wash your hands with soap and water.
- Loosen the tape and remove the old dressing from the drain site. Note any redness or foul smell.
- Clean off any dried material that may be around the tube or your skin. Ask your health care provider what type of cleaning solution, gel, or cream to use.
- Prepare the amount of tape and gauze pads you will need to cover your drain site.
- Remove 3 gauze pads from the package. Touch **only** the edges of the gauze. Fold each of the gauze pads in half and place 2 of them on your skin, 1 on each side of the drainage tube(s). Place the third piece of gauze over the 2 folded gauze pads.
- Tape the dressing in place. Completely cover the gauze with tape.

Bathing

- Do **not** take a bath, sit in a hot tub, or go swimming while you have the drain.
- You may shower after you have had the drain in place for 48 hours. To prevent the drainage tube from falling out, do not let the

drain hang loosely. Hold the drain in 1 hand or place it somewhere near you where it will not fall. You may need help in the shower.

- You may take a bath **after**:
 - The drain is removed and your skin has healed.
- and**
- There is no more drainage from the site.

How to Strip Your Drain

Stripping your drain will keep it from clogging. If your doctor or nurse has told you to strip your drain, follow these steps:

- With 1 hand, wrap an alcohol wipe around the tubing near your dressing.
- With your other hand, keep the tubing in place by holding it firmly between your dressing and the alcohol wipe.
- With your first hand, squeeze the section of the tubing covered by the alcohol wipe. Keep this pressure while sliding the wipe down the tubing to the bulb, and then let go.

When to Call the Clinic

Call the clinic if:

- You have redness or swelling at your incision or drain site.
- You have drainage at the incision or drain site.
- You have more pain than usual, or pain that is not eased by your pain medicines.
- Your drain bulb will not stay compressed.
- Your drainage is cloudy or foul-smelling.
- You have a fever higher than 101.5°F (38.5°C).