

Showering with JP Drains: Tips for Patients and Families

What is a Jackson Pratt (JP) drain?

A **Jackson-Pratt (JP) drain** is a surgical suction drain that gently draws fluid from a wound to help you recover after surgery. To use one, you'll regularly empty a collection bulb that catches the fluid draining from your wound. The bulb pulls the fluid out when it is squeezed. JP drains can help speed up your healing time and reduce your risk of an infection after surgery.

How long will I have my JP drain(s) in place after surgery?

After surgery you may have your JP drain in place for up to a few weeks. Your doctor will help determine how long you'll need your drain in place.

Can I shower when I my JP drain is still in place?

Yes, you can shower with your drain in place. When showering with your JP drain, it's important to keep the area where the drain tube comes out of your body (also known as the **JP drain insertion site**) and the bulb cap as dry as possible. This will help you prevent infections by keeping bacteria that live on your skin and in the water from entering your body.

Below, please find tips you can use at home to keep your drain insertion site(s) dry while showering.

To keep the JP drain insertion site and bulb cap dry during a shower, follow these tips:

- Follow instructions from your surgical team for when it is okay to begin showering after surgery.

- The JP drain insertion site should be covered during your shower. To cover this site, consider one of the following:
 - Create a dressing using a piece of plastic wrap over the JP drain insertion site. Seal the edges of the plastic wrap with tape. Do not place tape over your tubing or stitches.
 - Place a waterproof dressing over the JP drain insertion site. When applying the waterproof dressing, do not press the adhesive part of the dressing onto your tubing or stitches.
 - Any waterproof dressing or bandage from your local drug store can be used. There are many types of waterproof dressings available. If you need waterproof dressing recommendations, you can ask your local pharmacist or you can contact the Plastic Surgery Clinic.
- After showering, remove the dressing slowly and carefully to avoid pulling on tubing or stitches.
- Keep the JP drain bulb out of the stream of water. You can do this by placing the JP drain bulb in a Ziploc bag or by holding the drain bulb out of the water stream.

Who should I contact with questions?

If you have any questions about showering with your JP drain, please contact the Plastic Surgery Clinic Monday-Friday, 8:00 AM to 4:30 PM at (734) 998-6022. Calls received outside of business hours will be processed the next business day.

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