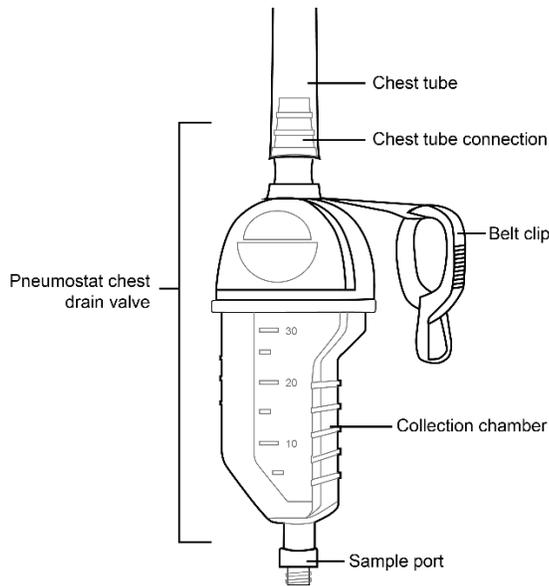


Caring for Your Pneumostat

What is a Pneumostat™?

A chest drain allows air and fluids to exit your lungs while they heal. The drain includes a tube that goes into the side of your chest, a dressing to cover it, and a chamber to collect fluids. Your health care team may call this chamber a Pneumostat (NEW-MO-STAT). This document teaches you how to care for your drain to prevent infection and other problems.



How do I care for my Pneumostat?

When you go home, protect and care for your Pneumostat. You will need to replace the dressing every two days or when it gets wet or dirty. You will also need to empty the Pneumostat.

How to Change the Dressing

It is best to change the dressing somewhere you can easily wash your hands in warm, soapy water, such as a bathroom. You can also use hand sanitizer if you cannot get to a sink.

Follow these steps to change the dressing:

Step 1: Gather your supplies.

You will need:

- Alcohol wipes
- A clean pair of scissors
- 4 4" x 4" gauze pads
- Medical tape

Step 2: Wash your hands.

Wash your hands with soap and warm water or use hand sanitizer.

Step 3: Remove the dressing.

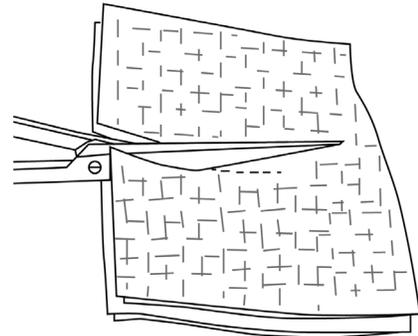
Carefully remove the gauze pad from your skin and around the tube. Be careful not to pull on the tube.

Step 4: Clean your hands again and the skin around the tube.

After cleaning your hands again, use the alcohol wipes to clean the area around the tube. You can use soap and water if you don't have alcohol wipes. Let the area dry.

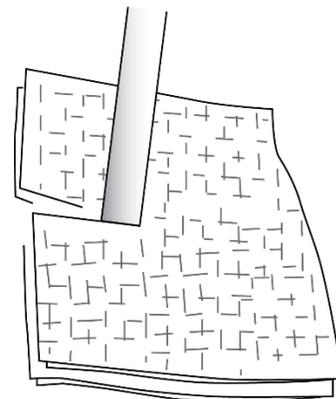
Step 5: Prepare the new dressing.

Open two of your gauze pads. Place one pad on top of the other. Using your clean scissors, cut a small slit halfway across the pads as shown below.



Step 6: Place the gauze pads around the tubing.

Gently place the two gauze pads on the skin, with the tubing going through the slit as shown below.



Step 7: Cover the tube and dressing.

Open the other two gauze pads. Place one pad on top of the other. Place these pads over the tube and other gauze pads. Allow the tube to exit the bottom of the dressing. Use the medical tape to hold it all in place.

How to Empty the Drain

Fluid will drain from your chest through the tube and into the pneumostat. Right after surgery, the fluid may be red but will become pink or yellow as you heal.

You will need to empty the chamber when it gets to be half full, or before lying down.

Follow these steps to empty the drain:

Step 1: Gather your supplies.

You will need:

- An alcohol wipe
- A luer lock syringe
- Your drainage log
- A pen or pencil

Step 2: Clean your hands.

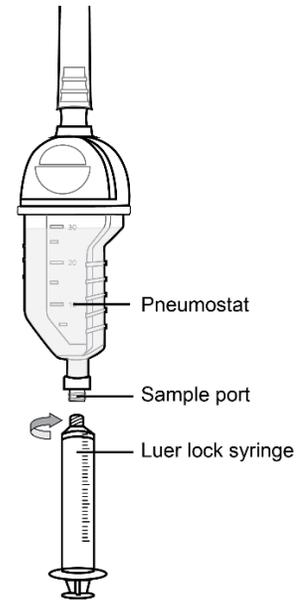
Wash your hands with soap and warm water or use hand sanitizer.

Step 3: Clean the port on the bottom of the chamber.

Wipe the port with an alcohol wipe for at least 15 seconds.

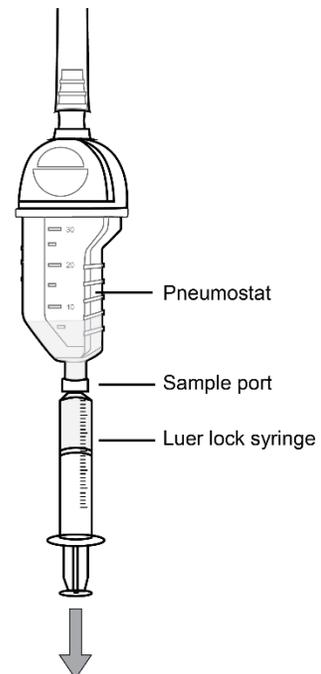
Step 4: Attach the syringe to the port.

Open the luer lock syringe. Press on the plunger to make sure it is in all the way. Place the tip of the syringe over the port and twist it gently clockwise as shown below. Be careful to twist the syringe and not the chamber.



Step 5: Draw out the fluid into the syringe.

Gently pull the plunger to draw the fluid from the chamber into the syringe as shown.



Step 6: Measure the fluid in the syringe.

Twist the syringe counter-clockwise to disconnect it from the port. Point the syringe straight upward and use the lines to measure how much fluid has drained.

Write down the amount of fluid, and the date and time in your log.

Step 7: Clean up.

Empty the syringe into the toilet and throw it away.
Wash your hands with soap and warm water.

Showering

Use caution while showering with your chest tube in place. Do your best to keep the dressing dry by covering it in plastic wrap or using a handheld showerhead. If your dressing gets wet, change it right away.

You should avoid submerging yourself in the water while you have the chest tube. This includes bathing, swimming, or sitting in hot tubs.

When should I call for help?

Call for help immediately if:

- You have a sudden, sharp pain in your chest or difficulty breathing.
- You have a fever of 100.4° (38°C) degrees or higher.
- Your skin around the tube becomes red, puffy, or warm to the touch.
- You see drainage that is thick, yellow or green.
- The amount of drainage suddenly increases.
- The tube comes out, or the valve becomes loose or falls off.
- Your pain can't be controlled with medication.

Questions?

Contact your cancer care team via MyChart or call

_____.

In an emergency, call 911 or go to your closest emergency department.