



INFECTION CONTROL

What You Need to Know



DOING WHAT'S BEST.

IMPORTANT THINGS YOU SHOULD KNOW ABOUT PREVENTING SURGICAL INFECTIONS

Keeping your hands clean is one of the best ways you can avoid getting an infection. Always wash your hands and nails after going to the bathroom, after blowing your nose, and throughout the day. If you are unable to leave your hospital bed, we will supply antiseptic hand wipes on your bed table, so please ask for more when you need them.



Ask your family and visitors to clean their hands too.

Before and after surgery, make sure you keep your body clean by bathing as directed by your doctor. Not washing thoroughly leaves bacteria on your skin which can cause an infection.



Smoking can lead to wound healing problems and infection. Stop smoking at least 4 weeks before you have surgery for the best results. Ask your doctor about a nicotine replacement product like gum or a patch.

If you are diabetic, having good control over your blood sugar is important to help you heal.

After surgery, do not touch your wound or bandage unless absolutely necessary or directed by your surgeon. Do not let anyone else touch your wound or bandage and keep pets away.

WE CAN HELP PREVENT INFECTIONS: WHAT TO EXPECT IN THE HOSPITAL AFTER SURGERY

Healthcare workers should wash their hands before and after touching you. This is how we prevent spreading germs. **Please feel free to make sure we've done this by asking us!**



If you are unable to get up to shower while you are in the hospital, we will use special warm disposable washcloths to clean you. These special washcloths help kill bacteria and prevent infections better than a washcloth and soap bed bath.

If you are able to get up to shower while you are in the hospital, we will use special germ-killing soap.



If you have a catheter in your bladder to drain urine, we should take it out as soon as possible so you don't get an infection. Please ask your healthcare provider every day if your catheter can be removed.

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