



SURGICAL ASSOCIATES PC

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Infection Prevention

Before Surgery

All forms of tobacco increase the risk of wound healing problems and infections. We strongly encourage you to quit or at least cut down on the amount of tobacco you use from the time of your initial consultation until six weeks after surgery.

Skin bacteria can contribute to surgical site infections. Please wash with *Hibiclens* antibacterial soap on the evening before AND the morning of your surgery.

If hair needs to be removed then we will do it with clippers immediately before surgery. Shaving with a razor increases the risk of infection.

You will receive instructions from your surgeon regarding pre-operative antibiotics. Please let your surgeon know if you are taking any other antibiotics.

In the Hospital

Good oxygen supply aids wound healing. You will be shown how to use an *Incentive Spirometer*, which is a device that helps you take effective, full, deep breaths. Take at least ten deep breaths per hour with the device while you are awake.

Walking helps wound healing, recovery of intestinal function and reduces the chance of getting blood clots and pneumonia. Expect to walk 4-6 times daily. Eat all meals sitting up in a chair.

Brushing your teeth 3-4 times each day has been shown to decrease pneumonia in some circumstances.

Hand washing decreases infections. Everyone who enters your room should wash their hands with water or disinfectant gel.

Leave the outer dressing in place for 24-48 hours. Steri-strips may be placed and they should remain for 7-10 days. Ask your nurse to assess the dressing if it becomes soiled.

After Discharge

You should gently wash over your incision daily. Wash your hands before and after changing a bandage.

Watch for signs of infection - spreading redness, increased pain, high fever, foul discharge. Please call our office with any concerns about your wound.

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm.

A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.