

Preventing Surgical Site Infections

Protect yourself:

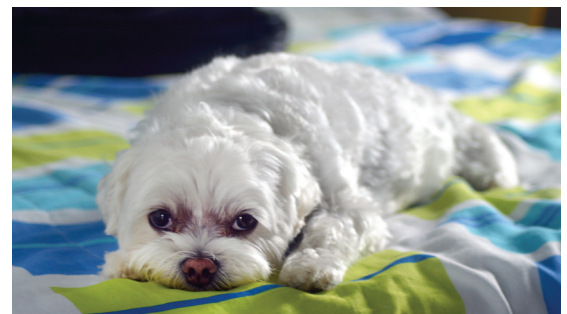
- Do NOT share personal care items such as a toothbrush, towels and razors.
- Maintain good dental health and discuss any problems with your surgeon and dentist.
- If you are diabetic, good control of your blood sugar will help your wound heal properly.
- Follow your doctor's recommendations for vaccinations.
- Stay away from people who are sick with a runny nose or hacking cough.
- Cover your cough and sneezes with your elbow – not your hand.
- Ensure you are eating well-rounded, healthy meals with adequate amounts of protein. Drink plenty of water.
- Balance times of activity with times of rest.
- Follow your surgeon's instructions about when you are allowed to bathe along with dressing and wound care. Do NOT soak in a tub or swim until after the wound has fully healed.
- The signs and symptoms of an infection are: fever, redness near the surgery site, change in drainage from your incision and hot to the touch. Call your surgeon immediately if you experience any of these.
- Avoid smoking.



Wash your hands frequently with soap and water for at least 20 seconds after going to the bathroom or touching pets, and before and after eating and dressing/wound care.



Use hand sanitizer for 20 seconds when a sink is not available (like when you're shopping).



Do NOT sleep with your pets or allow pets to lick or be near your surgical site.