Preventing Infection – **IMPORTANT Pre-Operative Measures**

**Hibiclens (CHG) Shower**
- Instructions provided at PAT visit
- Performed 3 days in a row before surgery
- Removes germs from skin to prevent germs from getting into surgical wound

**Betadine Nasal Swab**
- Self-applied in the pre-op area prior to surgery
- Reduces MRSA bacteria colonized in the nose to help prevent infection after surgery

**Preoperative Warming**
- Research shows keeping your body temperature normal during surgery helps prevent infection and decreases the need for blood transfusions

**Avoid Shaving**
- Skin is a potential source for surgical site infections
- Shaving can irritate your skin and make it easier to develop an infection

**Hand Hygiene**
- If you do not see your providers clean their hands, please ask them to
- Ensure visitors clean their hands
- Always clean hands before caring for your wound

**Quit Smoking & Lower HbA1c**
- Patients who smoke get more infections and have slower wound healing
- High blood sugar levels decrease your body’s ability to fight infection

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