

القرهود
ص.ب. 31500, دبي الإمارات العربية المتحدة

Al Garhoud
PO Box 31500, Dubai UAE

800 1999

welcarehospital@mediclinic.ae
www.mediclinic.ae



EXPERTISE YOU CAN TRUST.

UAE • SOUTH AFRICA • NAMIBIA • SWITZERLAND
www.mediclinic.ae

MEDICLINIC 
WELCARE HOSPITAL

SURGICAL SITE INFECTION PREVENTION



WHAT IS A SURGICAL SITE INFECTION?

A surgical site infection (SSI) is an infection that occurs after surgery in the part of the body where the surgery took place. Most of the patients who have surgery will not develop an infection. However infections develop about one to three out of every 100 patients who have surgery.

Some common symptoms of surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

SURGICAL SITE INFECTIONS CAN BE TREATED?

Yes. Most SSIs can be treated with antibiotics. The type of antibiotic given depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

WHAT CAN I DO TO HELP PREVENT SSIs?

Before surgery:

- Tell your doctor about other medical problems you may have such as diabetes, anaemia, or any current infections which could increase your risk of surgical site infection
- Do not shave near where you will have surgery by yourself, if shaving is required it will be performed by trained hospital personnel with the help of clippers before your surgery

Pre-surgical bath with chlorhexidine sponge

You can reduce the number of germs on your skin by carefully washing it before surgery with a Chlorhexidine sponge (your nurse will provide you with these sponges) You will need to take two showers with the given sponge The first shower is the night before surgery and the second one is in the morning of surgery

Bathing instructions

- Wet body and hair with water
- Remove the sponge from the packet, and press until the foam appears
- Thoroughly apply the sponge to your entire body for 5 minutes from the jaw downwards
- Apply only on healthy skin. Do not use near eyes, ears, nose, or mouth
- Do not scrub your skin too hard
- Do not wash with your regular soap after using CHG
- Rinse with water
- Pat yourself dry with a clean, soft towel after each shower, then put on clean clothes and sleep on freshly

laundered bed linens

- Do not apply any lotions, perfumes, or powders after using CHG on the day of surgery
- If you are allergic to Chlorhexidine, use any antibacterial soap for your shower of surgery

At the time of surgery:

- Ask if you will receive antibiotics before surgery
- Talk to your doctor or nurse if you have any other concerns

After surgery and before leaving the hospital

- Always clean your hands with soap and water or sanitiser before and after caring for your wound
- Keep the wound clean and dry
- Family and friends who visit you should not touch the surgical wound or dressings
- Make sure you understand how to care for your wound before you leave the hospital such as changing of dressing, taking a bath, use of medications, follow-up visits, etc.

Prevent infection and avoid re-admission by following these steps:

- Wash your hands and wear gloves when cleaning your wound
- Gently remove old dressing, clean with solution provided by the hospital
- Wait till dry, then apply new dressing
- Wash your hands when you are done

Don't

- Don't apply new dressing on wet skin; it will cause itchiness
- Don't leave wet dressing on after your shower, change immediately; it will cause infection in the wound
- Don't stretch the dressing when applying; it will cause blisters
- Don't remove the dressing quickly; it will cause injury to superficial skin

Report to your doctor any signs of

- Fever
- Redness
- Swelling
- Increased amount of discharge from wound
- Abnormal colour of discharge from wound
- Bad odour

These are signs of infection. If you notice any of these, please call us on **800 1999**.