

ELITE SURGERY CENTER

INFECTION PREVENTION

Bacteria and viruses live everywhere, including our skin. For this reason it is important to keep your surgical site/incision as clean as possible. You can expect our staff to wash their hands and/or wear gloves before caring for you. You must also take an active role against spreading germs and infection. You can do this by:

- Wash your hands with warm water and soap for 15 seconds.
- Using antibacterial soap
- Avoid use of lotion or powders on your body, unless instructed by your surgeon. This may interfere with the cleansing agents your doctor may use to prep your skin.
- Do not shave near the procedure area for 48 hours before your procedure. Our staff will clip the surgical area if needed the day of your procedure.
- Keep warm before your procedure, wear socks, hat, and a coat. This lowers your risk of infection.
- Follow your discharge instructions to care for your incision if you have one.
- Avoid touching incision. Anyone caring for your incision should wash his/her hands before and after care.
- Call your doctor if you show signs of infection such as redness, warmth, pain, drainage at the incisional site or fever of 101F.

BLOOD CLOT PREVENTION

Blood clots in the legs are a highly preventable complication to surgery. Blood clots are also known as deep vein thrombosis or DVTs. After your procedure you can expect any of the following to be ordered by your doctor:

- Out of bed- try moving as soon as possible.
- DVT boots-soft leg wrappings that softly squeeze your legs, helping to increase blood flow in your lower legs.
- Also drink plenty of fluids after surgery, avoid dehydration.

- Move lower extremities while resting, if possible do leg stretches and toe curls.

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