

Patient Safety

Patient information is a key aspect of prevention.

Patients are at the core of the entire care process so it is crucial to involve them proactively to reduce the risk of surgical site infections and the related complications.

We recommend you carefully follow our instructions. This will help us create a safer environment for everybody.

Thank you



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Region of Sicily

ISMETT UPMC



This facility received
Joint Commission

PREOPERATIVE SHOWERING INSTRUCTIONS

Patient Information

ISMETT



Why take a pre-op shower?

Several epidemiological studies have demonstrated a clear correlation between microbial flora on patients' skin and the risk of surgical wound infections.

We therefore strongly recommend you reduce the microbial load on your skin before entering the operating room.

One of the most effective ways to reduce the microbial load on your entire body surface is to take a shower before your surgery.

At the hospital, you will be asked to shower twice:

- The first time on the night before your surgery.
- The second time on the morning of your surgery, after the unit nurse will have shaved your skin (hair removal).

You will be asked to shower using an antiseptic soap (Chlorhexidine 4%) that will be provided to you by the unit staff.

You will also receive a disposable sponge and a towel to dry.

Please follow these instructions for a proper shower

- Soap your entire body, head included, from top to bottom.
- Soap thoroughly and rub your hair, face, and ears.
- Soap your chest, specially your armpits, navel, and skin folds.
- For your intimate hygiene, wash your genital area, and then the anal region, without moving back.
- Soap your legs and feet, especially the spaces between the toes.
- Rinse from top (head) to bottom (feet).
- Once again, soap your body from your head down to your feet.
- Dry thoroughly. Pay special attention to drying your skin folds (e.g., armpits and groin): here the increased temperature, paired with humidity, could foster bacteria and fungi growth.
- After your second shower, before you are taken to the OR you will be asked to put on a clean gown.

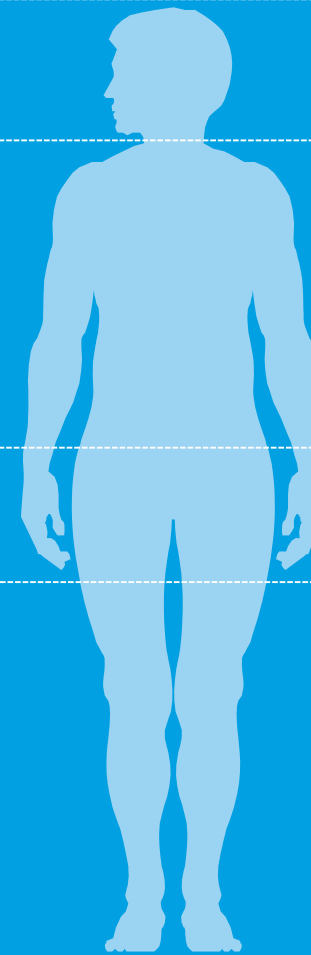
Follow this order when washing the various parts of your body

1 HAIR
FACE
TEETH

2 TORSO
ARMS
ARMPITS

3 INTIMATE
HYGIENE

4 LEGS
FEET



FOR FURTHER INFORMATION DO NOT HESITATE TO ASK OUR STAFF.