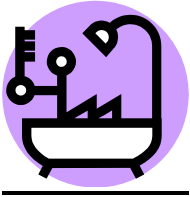
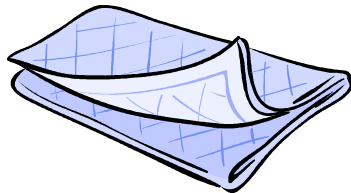


## REDUCE YOUR RISK OF INFECTION



### **Site Preparation**

Follow your doctor's instructions to shower or cleanse your surgical site before arriving for your surgery to remove bacteria from your skin. If there are no instructions, please bathe or shower before coming. You should not shave the area where you are having surgery.



### **Warmth**

Studies have shown that keeping warm during and after your surgery may improve outcomes. Please let your nurse know if you are cold so that we can provide you with more warmth.

### **Hand Hygiene**

Hand hygiene is the most effective way of preventing the spread of infection. Please ask healthcare staff if they have washed their hands or used alcohol hand rub. As a patient you should also practice good hand washing after using the bathroom, before eating, after blowing your nose and before and after touching the bandage or your incision.



### **Smoking Cessation**

If you are a smoker, consider quitting. This will reduce your chances of developing an infection after surgery.

**Please let your doctor and anesthesiologist know if you are a diabetic so that we can manage your blood sugar during your stay at ISC**