

Preventing Infections

At IOS, we do all we can to prevent infections. While the risk of developing a post-surgical infection is small, we know that the consequences can be devastating. Here are some of the ways that IOS prevents infection and what you can do to help:

- Skin Preparation
 - If hair removal is needed, clippers are used instead of razors. Razors can leave small holes in the skin where bacteria can grow and cause infection.
 - The area of the incision is cleaned with special soaps before the surgery begins. This cleaning removes bacteria that may be on the skin surface.
- Preventive Antibiotics
 - If appropriate, Patients receive antibiotics within 1 hour of surgery incision time. The type of antibiotic used depends on the surgery being done, any known drug allergies, and any existing infections or colonization.
 - Doses of preventive antibiotics are given up to 24 hours after surgery. Sometimes it is necessary to continue the antibiotics past 24 hours. By limiting the amount of antibiotics given, the risk of developing a drug-resistant infection decreases.
- Operating Room
 - Personnel in the Operating Room are limited to those that are required to be there.
 - During surgery, the surgical team wears special equipment that is designed to prevent infections. This equipment includes gloves, gowns, and masks.
- Hand Washing
 - All IOS staff members are to wash their hands before and after patient contact. We can wash our hands with either soap and water or alcohol-based hand rubs.
 - If you don't believe a health care provider has washed their hands, please remind them.
 - Do NOT allow anyone who has not washed their hands to come into contact with surgical incision.
- Blood Sugar
 - If you take insulin or a pill to lower your blood sugars, your blood sugar will be tested at least before every meal and at bedtime. If sugars are over 200, your blood will be tested every 4 hours until below 150. Even though you may not routinely use insulin at home, you may need to receive it in order to get your blood sugar regulated. Keeping blood sugar under control after surgery lowers the risk of infection and other problems.
- Respiratory Hygiene
 - Everyone should cover their cough.
 - Use a tissue or your sleeve (at the elbow) if you need to cough or sneeze.
 - Clean your hands after coughing or sneezing.
 - If someone is visiting and appears to be ill, have them wear a mask. A mask can be obtained from any IOS employee.
- Education
 - Patients are given instructions on how to change their dressings.
 - All surgical patients are provided education on infection prevention.