



مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
مؤسسة عامة Gen. Org.

Surgical Site Infection (SSI) Prevention



This booklet contains important information and instructions before and after your surgery. As well as, what health care providers at King Faisal Specialist Hospital and Research Center, are doing to prevent you from getting a Surgical Site Infection (SSI).

Surgical Site Infection:

The presence of bacteria is expected to be on your skin, surfaces, and the surrounding environment.

When bacteria enter the surgical wound, it could cause an infection and a possible extension of your stay at the hospital, causing more health complications.

Most of these infections are caused by the same bacteria that normally live on the skin.

It is worth mentioning that most patients will not get a surgical site infection. However, some patients are at a higher risk than others due to contributing factors such as diabetes, obesity or smoking.



Signs and Symptoms:

The common signs and symptoms of surgical site infection include:

- Feeling warm or having fever (greater than 37.5° C).
- Feeling un-well.
- Redness or pain around the surgery site.
- Fluid discharge (blood or pus) from your wound.

These symptoms could develop hours or days after surgery.



Health Care Providers Role:

The actions taken by King Faisal Specialist Hospital to reduce the likelihood of surgical site infections include:

- Providers will clean their hands with soap and water or alcohol-based gel before and after caring for you.
- If requested by the surgeon, hair clipping may be done before you go for surgery. Using a razor is prohibited.
- If needed, providers will offer you medicated soap to be used while showering, a clean hospital gown, and freshly laundered bed linen. This is to reduce the spread of infection.
- The surgeon and operating room staff will scrub their hands with an antiseptic agent and put on surgical gowns, head covers, gloves and eyewear before proceeding with your surgery.
- You will be given an antibiotic before your surgery begins and will receive another two doses following your surgery. According to your medical need, you may be prescribed antibiotics.
- Following hand washing, gloves will be worn before emptying your surgical drains, urinal catheter, or when assessing your wound. Upon completing any other task or before leaving your room, providers will remove their gloves and wash their hands.

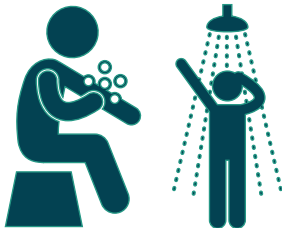




Patient's Role:

1. Before surgery:

- Inform the medical team, whose taking care of you, about any allergies or health issues you may have such as diabetes.
- Try to quit smoking four weeks or more before your surgery, or try to reduce the daily number of cigarettes you smoke or exposed to.
- If you are diabetic, it is very important that you maintain a stable blood sugar before and after your surgery, by taking the prescribed diabetes medication as recommended by your doctor.
- Avoid using a razor to shave the hair at or near your surgical site, as this could cause an increased risk for infection. If required, your health care provider will do this.
- Whether you are admitted or going for day surgery, kindly **follow the showering instructions** listed below, on the night before, or on the day of your surgery:
 1. Wash your hair with normal shampoo and rinse with water.
 2. Wash your body with medicated soap (if provided) or regular soap with warm water, to form bubbles on your hands or clean loofa.



3. To prevent skin irritation, gently scrub your entire body, from head to toe, paying close attention to your neck, underarms, groin, nails, feet, under your breast area and any other skin folds.

4. Rinse all the soap using warm running water.

5. Pat your skin dry with a clean towel.

6. Avoid applying any moisturizers, traditional herbs, or perfumes on your skin following the shower.

7. Make sure to use clean clothes and linens after your shower, to reduce skin exposure to additional germs.

- Keeping warm before you go to surgery and during transportation to the operating room, will help reduce the risk of infection. Ask your nurse or health care assistant to provide you with additional blankets, and refrain from using personal ones.

- Ask your family members and visitors to kindly clean their hands with alcohol-based gel or soap and water before and after interacting with you.

2. After Surgery:

- Your wound dressing should stay intact for 48 hours.

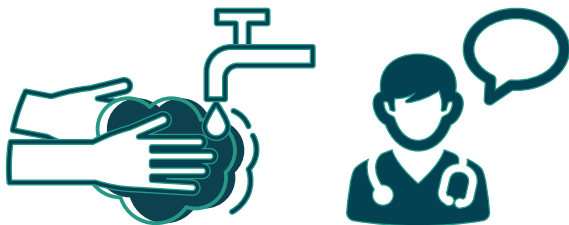
- If your dressing needs to be changed, your nurse will do this using a sterile technique.

- Ensure health care providers wash their hands before and after caring for your wound, dressing, and other items. Kindly remind them if forgotten.

- Avoid touching the surgical site, drains, or catheters by anyone other than health care providers.

- Avoid applying traditional herbs or pastes on or around the surgical site; it is important that you discuss alternative and traditional medicine with your treating physician, as it might interact with your medications or delay wound healing.

- Ensure washing your hands with water and soap after using the restroom or urinal, before and after eating, before touching your surgical site or drains.
- Remind your family members and visitors to kindly clean their hands with soap and water or alcohol-based gel before and after interacting with you.



3. Before Discharge:

- The health care providers will explain to you all what you need to know about the wound and dressing care.
- It is important that you understand the provided information by the health care provider; to ensure understanding, you will be asked to repeat the given information.
- If preferred; write down the information as this will help you and your family remember what you need to do when you are at home.
- In case you have any questions or concerns, please make sure to have a contact phone number for one of the health care providers.

4. At Home:

- Always clean your hands with soap and water and dry with a clean towel before and after you care for your wound.
- Follow the given instructions by the medical team.



When to Go to The Emergency:

When noticing the previously mentioned signs and symptoms of surgical site infection, which are:

- Feeling warm or having fever (greater than 37.5° C).
- Feeling un-well.
- Redness or pain around the surgery site.
- Fluid discharge (blood or pus) from your wound.

If you are in the city of Riyadh, kindly proceed to the emergency department at KFSH&RC, otherwise, kindly proceed to the nearest emergency department to you.



Treatment:

Antibiotics are used to treat most surgical site infections. The antibiotic given to you will depend on the bacteria that has caused the infection. In some cases, surgical intervention may be necessary.

Remember, prevention is better than treatment. One of the main factors in helping reduce the likelihood of infection is maintaining good hand hygiene from you, your visitors, and all health care providers.



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