

Things YOU can do to prevent SSI

- Do not wax or shave in the area of the planned surgery 7 days before scheduled surgery date
- Talk to your doctor about your weight
- If you smoke, talk to your doctor about quitting
- Wash your hands often
- Eat well and get plenty of rest
- If you have diabetes, keep your blood sugar levels within your normal range
- Ask your doctor or nurse if they have washed their hands before they touch your incision

**Stay informed and
remember...**

**this is your surgery,
ask questions!**



**Central
Health**

**Surgical Site
Infection (SSI)**

Everyone has a role to play

Providing **safe, quality care** is a priority for Central Health. We work



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**Central
Health**

This publication has been developed in consultation with the departments of Corporate Improvement and Corporate Communications.



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What is surgical site infection (SSI)?

A surgical site infection (SSI) can occur when germs from the skin enter the incision and multiply.



What to expect before your surgery

- You may need to see the Pre-admission nurse
- Blood work or other tests may be required such as EKG or x-rays

Central Health's role in preventing SSI

- If necessary, hair may be removed by the nurse from around the planned incision site before your surgery
- Depending on the type of surgery, antibiotics may be given within 1 hour
- Blood sugar levels will be checked the first two days after surgery
- Keep your temperature above 36° before, during and after surgery

Things to expect while in hospital

- Redness and tenderness around the incision is common
- There may be some bruising
- Bloody or clear drainage for the first few days after surgery
- You may have a blood test and an x-ray after surgery
- The sterile bandage may be changed within 24-72 hours after the surgery as determined by the nurse



Signs and symptoms of SSI

- You may develop a fever
- Increased redness, tenderness and warmth around the incision
- Drainage that changes in color or smell

***NOTE: If you notice any changes in your incision or are not feeling well, tell your doctor or nurse.*

Factors that may increase the chance of SSI

- Age
- Diabetes
- Smoking
- Obesity
- Poor nutrition

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