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Bwrdd Iechyd Prifysgol
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Infection Control – Patient Responsibilities

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We greatly appreciate our patients and try hard to provide a clinical and surgical environment that minimizes the risk of infections. We are aiming to achieve a successful outcome of your surgery and hope that you will experience an uneventful recovery. By abiding by the following home recommendations, we believe this outcome is possible.

Preoperative shower

Use antibacterial soap and shower the night before AND the morning of your surgery. This will reduce the number of infectious agents that exist on your skin and subsequently minimize your risk of incurring an infection.

Clean bed sheets

Put clean sheets on your bed prior to your preoperative shower so that you do not re-contaminate yourself on the evening prior to surgery. After having had open surgery change sheets every day for the first week of recovery – continue until oozing has stopped and the wound has healed.

Wash garments daily

Wash and change your garments daily.

Showering

Showers only! NO bath, hot tub, pool, lake, ocean, or river water for 6 weeks after open surgery. Shower daily using an over the counter antibacterial soap beginning the SECOND day after surgery.

Pets

Absolutely no pets in your bed or on you for four weeks after open surgery.

Wash hands

Remember to wash your hands often, especially prior to and after dressing changes; before you touch your incisions and obviously before and after using the restroom. Do not touch your incisions when using the restroom. Use antibacterial lotion/gel when hand washing is not available. Remind your caregivers and relatives to be just as vigilant at washing hands.

Antibiotics

If antibiotics have been prescribed, please make sure you take them regularly and finish the course.

Ice packs

Surgery often goes along with a significant amount of bruising particularly in the genital area. The intermittent use of icepacks wrapped in a clean cloth or small towel can alleviate both swelling and discomfort.

Diet

Eat healthy foods and drink plenty of fluids. You should drink at least 1.5 litres of water or juice per day.

Smoking

Smoking compromises your immunity and increases your risk for skin and tissue necrosis, infections and other complications.

Postoperative assessment

Be sure to come to all follow-up appointments, and call if concerns arise prior to your appointment date. These concerns might include fever, wounds becoming red or hot to the touch, or they suddenly start swelling.