

*Etre soigné,  
c'est aussi être informé*



# Recommendations for preoperative hygiene at home or on the hospital ward

**Infection Control Unit,  
Toulouse University hospitals**

*Hygiène corporelle à domicile ou en service de soins  
avant une intervention chirurgicale*

**Most of surgical procedures involve breaking the skin through an incision, so the risk of infection getting inside the body can be reduced by having clean skin**

▶ A shower is compulsory



- THE EVENING BEFORE

and

- THE MORNING OF THE  
OPERATION

## **RECOMMENDATIONS**

▶ **Hair removal** of the area to be incised should be avoided, but the surgeon may request it. In this case, hair removal should be performed :

- Either by yourself or a beautician (wax or cream) **between 3 and 5 days before the operation,**
- Or at the hospital with an electric shaver.

**The use of razors on the area to be operated on is strictly forbidden:** risk of wounding.

**Remove** all jewellery (earrings, wedding rings,...), any body piercing jewellery, nail varnish (hands and feet), make-up.

**Washing hair** is compulsory for any surgery to the head or neck and is recommended for all other types of surgery and is to be done the day before surgery or in the morning of the operation.

▶ **The day before** if you are undergoing surgery as an outpatient, you must have a shower at your home,

- scrub your body thoroughly using liquid soap and shampoo, and a clean flannel,
- then dry thoroughly your body with a clean towel,
- put a clean pair of pyjamas on and sleep in freshly-cleaned sheets.

If you are admitted into hospital the day before, this procedure will be carried out in the hospital unit where toiletries, clean sheets and gown will be provided by the hospital.

## ▶ **The morning of the operation**

**Either at home or in the ward** you will be asked to:

- have a shower with soap and shampoo,
- brush your teeth thoroughly,
- wear clean clothes (underwear, gown).

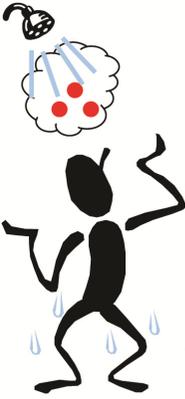
Clean sheets and surgical gowns are provided by the hospital.

**Before leaving for surgery**, the nurse will check that this hygiene procedure has been carefully carried out.

**Remove** glasses, contact lenses, any dental or hearing appliances.

**Any skin condition should be notified to the staff.**

# HOW TO SHOWER CORRECTLY

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- ▶ **1. WET** your head and body with a clean or disposable flannel
  - ▶ **2. Scrub** body and head with liquid soap
  - ▶ **3. Lather**
  - ▶ **4. Start by the top** of your body and **paying particular attention to:**

- the zone to be operated on
- your hands
- your armpits
- under your breasts
- around your belly button
- your groin
- your private parts
- your feet

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- ▶ **5. Rinse** thoroughly
  - ▶ **6. Dry** with a clean towel
  - ▶ **7. Put on** a clean nightgown or pyjamas

## Conception

Equipe Opérationnelle d'Hygiène Hospitalière  
du CHU de Toulouse  
Validation CLIN

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