



Preventing Infection After Your Surgery



Steps to reduce your risk of infection after surgery.



Sutter Health
Sutter Roseville
Medical Center

**Follow these steps to reduce your risk of infection after surgery.
If you have any questions, please speak with your care team.**

Use Good Hygiene

- Starting three days before your surgery, bathe once a day. Use an antiseptic skin cleanser containing chlorhexidine gluconate, such as Hibiclens®. This is available at drug stores. Follow the instructions closely.
- The night before your surgery, shower using your cleanser. Wear clean pajamas to bed, and sleep in clean sheets.
- The morning before your surgery, shower using your cleanser. Do not shave or wax your surgical site. Do not use lotions or perfumes. Wear clean clothes to your surgery.
- Brush your teeth in the morning before your surgery. After surgery, brush your teeth four times a day.
- After surgery, wash your hands after eating and using the bathroom. Ask visitors to wash their hands before touching you. Do not be too shy to ask hospital staff to wash their hands, too!

Quit Smoking

- If you smoke, talk to your doctor. Do not smoke the day of your surgery. Try to stop smoking for as many days as possible before your surgery. Every day helps. If you need help quitting, talk to your doctor or call 1-800-QUIT-NOW.

Manage Diabetes

- If you have diabetes, talk to your doctor before your surgery about your medications. After surgery, try to keep blood sugar levels between 70-180 mg/DL.

**For additional resources, visit the
Sutter Roseville Medical Center
website at sutterhealth.org/srmc.**



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