

Infection Prevention

You have been scheduled to have surgery, and we at Neurosurgery & Spine want you to have the best care possible. Most people who have surgery have no problems. But sometimes people can get infections – usually from the germs (bacteria) that are on their skin every day. By washing your skin thoroughly with soap and warm water, you can reduce the number of germs on your skin and your risk for getting an infection.

Take 2 showers with plenty of soap and warm water



1. Wet your body and hair with water

- Wash your hair as usual with your normal shampoo and rinse.



2. Wash your body using plenty of soap and warm water

- Apply plenty of soap to a wet, clean wash cloth and wash your entire body.
- Wash gently paying special attention to the area where your surgery will be done (get help from a partner if needed).
- Do not scrub the skin too hard.



3. Rinse thoroughly

- Rinse your body completely.
- Pat yourself dry with a clean towel and each shower.
- Do not use lotion, cream or powder after showering.



4. Dress in clean clothes each time following your shower

If you have any questions or concerns please call our office: (207) 885-0011

Maine Medical

PARTNERS

Neurosurgery & Spine

A department of Maine Medical Center