

Are You At Risk For A Post-Op Infection?

You have just had a surgical procedure at Grand River Surgery Center. Your next step is to recover. This is probably the most important part of the surgery process. Your main goal is to recover 100% and remain infection free while doing so. We at Grand River Surgery Center are here to provide information and help you to accomplish this.

You have probably heard the word **infection** before, but don't really know the causes, signs, and symptoms and how you can prevent from getting an **infection**.

Infection is defined as the process by which germs enter a susceptible site in the body and multiply, resulting in an infection.

The immune system is made up of many different organs. The largest organ in the body is the skin and is also the first line of defense in fighting off infection. 30% of people have bacteria already in their noses or on their skin, and Staph (another bacteria) is present on most people's skin on a day to day basis.

Unfortunately, surgery usually means that you had an intentional break in the skin somewhere which puts you at risk from the start, but there are many things that you can do to help prevent an infection from occurring :

- ❖ *Demonstrate good hand washing technique.*
- ❖ *Maintain good hygiene (shower daily unless otherwise specified by discharge instructions given to you after your procedure)*
- ❖ *Keep dressing(s) clean and dry. (bacteria love dark, moist places!) If dressing(s) becomes soiled or wet before post -op visit with your doctor, call your physician's office for recommendations on dressing changes before your next office visit.*
- ❖ *Maintain a clean environment (regular dusting, sweeping, vacuuming, etc..)*
- ❖ *If you are diabetic, keeping your sugars **UNDER CONTROL** will lessen your risk of getting an infection and promote healing.*
- ❖ *Take it easy! Follow your post-op activity restrictions. Don't overdo it.*
- ❖ *Know the signs and symptoms of infection and report them to your physician immediately!*

SIGNS AND SYMPTOMS OF INFECTIONS

- **Redness or swelling at the incision/operative site**
- **Pus formation at the incision/operative site**
- **Fever of 100 degrees F or above**
- **Chills and sweats**
- **Increased pain at the incision site**

By following these simple preventive measures, you can help reduce your risk of acquiring an infection and you will be on the road to a great recovery! Thank you for visiting **Grand River Surgery Center**. We wish you the best of luck, and as always if you have any questions please contact us at 517-220-0240.