Preparing Hands & Field of Operation

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Objectives

- List steps in washing hands
- List steps in preparation of the surgical site
- List and describe types of germicides
- Discuss sources of contamination
Before scrubbing, the surgeon should put on surgical cap, mask, and shoe covers.
Preparing Hands

- Keep finger nails trimmed short.
- Place antiseptic soap in the palm of one hand and add enough water to make a lather. Wash to about three inches above the elbow.
- Clean under the finger nails under the running water.
- Remove a sterile brush from its package or dispenser. Apply antimicrobial soap to the other hand and brush to begin the scrub.
  - Begin with the fingers. Scrub the nails and finger tips against the bristles of the brush.
  - Scrub all parts of each finger.

- Scrub all surfaces of the hand, finishing with the top side.
- Repeat the procedure with the other hand.
Scrub the wrist and forearm on all sides, progressing toward the elbow. Do not return to scrub the hand or fingers after advancing to the forearm and elbow.

Rinse the hand and arm with running water. Keep the hand above the level of the elbow so that the water will run off the elbow, and the hand and fingers will not be re-contaminated.
Repeat steps on the other wrist and forearm.

The total scrub time should take at least 6 minutes.

Dry hands with a sterile towel.
Preparing Field of Operation

- Using clean clippers, clip the operative area, taking care to avoid lacerating or burning the patient's skin with the clipper blade. Clip against the grain of the hair.

- Vacuum all hair clippings from the patient and the surrounding area.
- Apply scrub solution to the clipped area.

- Using sterile gauze sponges, gently scrub the center of the clipped area in a circular motion. Work from the center out toward the hairline and discard the sponge.
Repeat the process allowing for 7 minutes of contact time between the scrub solution and the skin. Never go back over the same area with the same piece of gauze. Blot the prepped area with a sterile towel.

Apply a germicide solution (not soap) to the entire prepped area.