

## Preventing Surgical Site Infections (SSI)

**Surgical Site Infections (also known as post-operative infections) are a known risk of ALL Surgical procedures, including arthroscopic surgery. These recommendations serve to Reduce your risk of infections after your surgical procedure.**

- Avoid the risk of skin compromise before surgery (cuts, scratches, sunburns, bug bites, etc). Intact skin is your best defense against pre-surgical bacterial contamination. Thus, we recommend that you avoid outdoor and unprotected exposure of the skin for one week prior to your surgery.
- Hands and feet should be especially protected from trauma as they are common locations for skin compromise. Therefore, we recommend that you wear appropriate footwear (such as, sneakers and closed-toed shoes) and avoid manicures/pedicures.
- Shaving the extremity prior to surgery may increase the risk of bacterial contamination and SSI due to skin compromise. We ask that you avoid shaving the operative area for five days prior to surgery. Surgical clippers will be used by the surgical team to safely remove hair on the day of surgery, if it is required.
- Proper cleaning of the operative extremity in the week prior to surgery can decrease the bacterial count on the skin at the time of surgery. Use a soft, non-abrasive sponge and when cleaning the extremity in the week prior to surgery. Avoid dirt and soil exposure. Also, we ask that you avoid using skin lotions on the operative extremity during the week prior to the surgery. Use this soap as instructed when you receive it at the preoperative visit.
- Nicotine has been shown to increase the risk of SSI. Avoiding cigarettes and nicotine prior to surgery is an excellent way to reduce your risk of post-operative infection.
- Coexisting bacterial infections in other areas of your body will increase the risk of SSI. Please notify us immediately if you have signs of a cold or infection or if you are being treated for an infection in another part of your body (such as dental, sinus, respiratory, etc.).
- Obesity (defined as being greater than 20% over ideal body weight) has been correlated with an Increased risk of SSI. Discuss the proper management of your weight and nutritional status with your primary care doctor prior to your surgery.
- Diabetes with increased blood glucose can increase your risk of SSI. Ensure careful monitoring and management of your blood glucose both before and after your surgery if you are diabetic or if you have elevated blood glucose.