

## Signs of Infection

### Signs of Infection

- Redness and pain around the surgical site
- Excessive swelling around the surgical site
- Non- healing wound
- Cloudy fluid or pus draining from the surgical site
- Sometimes there is fever and chills
- Increase temperature to touch of the surrounding skin
- Throbbing pain or tenderness
- Red streaks in the skin around the incision or progressing away from the incision

### What you can do at home to prevent surgical site infections:

- Hand washing with warm water and soap. Rub hands together for 20 seconds and then rinse under warm running water. Dry your hands off with paper towel and use the towel to turn off the faucet.
- Stop smoking. Smoking delays healing and interferes with the actions of certain drugs.
- Do not touch your surgical incision. If you change your dressing wash your hands first. Do not touch the area of the dressing that you are going to place over the incision.
- Shower with antibacterial soap or hibiclens soap. Thoroughly washing the skin can greatly reduce the number of germs. In the shower wash your body with regular soap and water. Wash your hair with your normal shampoo. Apply the Hibiclens soap to your entire body from your chin down to your toes to include your back and hips. Turn off the water. Wash body gently for five minutes. Turn the water back on and rinse the body thoroughly. Pat dry with a clean towel.

### Post-operative Checklist:

- You are instructed to keep the incision and it's dressing clean and dry. Your doctor will instruct you on your care.

### RICE Therapy:

**Rest:** It's ok for you to take it easy and rest after your surgery.

**Ice/Cool Therapy Packs:** Helps stop bleeding from injured blood vessels and capillaries by contractions. Ice or cool therapy packs helps with pain, swelling and decreases healing time.

**Compression:** Compression decreases swelling by slowing the bleeding and accumulation of fluids near the incision site. Use the Intuition™ Recovery Bra for compression and comfort. Be careful to not have the bra too tight. Signs that it is too tight is pain, numbness, blue or discolored skin.

**Elevation:** Sitting up will help with the swelling. Prop up on a solid object or pillows.

Disclaimer: Always consult your doctor to find the treatment that is right for you. Individual results may vary.