

Surgical hand disinfection

When?

- before direct contact with the operating area and sterile medical devices or materials
- before other interventions with the same asepsis requirements



How?



Wash hands on the day of surgery or if visible dirty, at least 10 minutes before surgical hand disinfection.



Pour hand disinfectant into your dry cupped hand (trigger the dispenser with your elbow).



Application time: 1.5 minutes. Keep hands and forearms moist during the application time, reapply hand disinfectant several times if necessary.



Process:

Wet hands and forearms.

- Rub your hands for 10 seconds
- Rub your forearms for 10 seconds
- Carefully rub your hands with special attention to fingertips and thumbs for 70 seconds



Before putting on the surgical gloves, the hands must be air-dry.

Source:

KRINKO (2016) Bundesgesundheitsbl 59:1189–1220.



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