

Surgical Scrubbing

(Adnan Ramzan)



Surgical Scrubbing

DEFINE:

- Thoroughly cleaning their **hands** and **forearms** with an **antiseptic soaps & scrub brush** to remove or reduce
“resident microorganism , debris and skin oil”

The **goal** is to

- Create a sterile field
- Prevent surgical site infection by minimizing the risk of contamination of wound

Steps

- Surgical Scrub involve:
 1. Preparing to the Scrub
 2. Decontaminating the hands
 3. Donning sterile surgical gown and pair of sterile gloves

Preparing to the Scrub



Preparing to the Scrub

Steps involve in preparing to the scrub are given below:

- Remove nail polish
- Surgical Scrub
- Footwear
- Theater hat
- ID badge



- **Open the Gown**

“Carefully use the edges of the paper to open the packet and expose the surgical gown”

- **Choose your gloves**

“ Peel the plastic glove packet open over the gown and drop the gloves onto the sterile gown without touching them”

- **Surgical Mask and eyewear protection**

Surgical Scrub

Pre Scrub Wash

- Run the tap
- Test the water
- Open the package containing nail brush and nail pick.
- Moisten the nail brush with antimicrobial solution(Povidone iodine, Chlorohexadine)
- Lather the fingertips with sponge side of brush

Scrubbing procedure



① Palm to palm



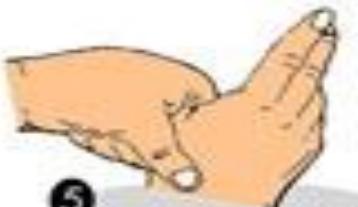
② Right palm over left dorsum
and left palm over right dorsum



③ Palm to palm
fingers interlaced



④ Backs of fingers to
opposing palms with
fingers interlocked



⑤ Rotational rubbing of
right thumb clasped in
left and vice versa



⑥ Rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa

Scrubbing procedure

- “During each of the following steps keep hands above the elbow allowing water to drain away”
 1. Work the cleaning solution into the hands **palm to palm** , creating **lather**.
 2. Rub the **right palm** over the **back of the left** and vice versa with the fingers **interlaced**.
 3. Rub hands **palm to palm** with fingers **interlaced**.
 4. Perform **rotational rubbing backward and forward** with **clasped** fingers of right hand into the left palm hand and vice versa.

5. Perform **rotational rubbing** of the **right thumb clasped** in the **left hand** and vice versa.
6. Rub the **fingertips** of the **left hand** on the **palm of right hand** and vice versa.
7. Continue with the **rotating action down opposing arms** working to just below the elbows.
8. Rinse and repeat step 1-7. (second wash should only cover two third of forearm)

9. Rinse the hand under running water , allowing the water to run from fingertips to elbows.
10. Turn the tap off with your elbow and keep your hands up allowing water to drip from your elbows.
11. Pick up one hand towel from the top of the gown pack and step back.
12. Holding one end of the towel with one hand dry the fingers of the opposite hand using a blotting rotational motion.vice versa

- ❖ **Move** to the dry area of the towel and continue in this manner down the **forearm to the elbow**.
- ❖ Ensure you **do not retrace** from the forearm back
- ❖ **Do not wipe** the dry skin
- ❖ Repeat with the other towel from the pack for other hand and arm.
- ❖ If you **accidently** touch the tap or any surrounding object , you must **re-scrb**.

Any Questions



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