



A guide to...

Infection Prevention and Control: Hand Hygiene, Devices, Wounds

Patient Information

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Hand Hygiene

Many infections are passed by hand contact. Thorough washing of hands has been shown to significantly reduce the spread infection. It is important to avoid infecting any wounds particularly after surgery.

What do you need to perform hand hygiene

Soap and water or alcohol-based hand gel, paper towel or hand dryer. Follow the technique below.

Correct technique for hand washing and application of alcohol rub



Take care of your hands

Remember to take care of your hands to protect your skin from drying and cracking. Cracked skin can increase the risk of infection.

Wound care

If you have a wound when you are admitted, it will be assessed by a nurse, and it will reassessed at least weekly. The nurse will ask if it is painful and you will be given pain relief if needed.

If the wound has not healed when you are ready to go home, you may be referred to the district nurse who will continue to assess and care for the wound.

Can I have a shower/bath if I have a wound?

A shower will be better than bathing. Try to keep the wound dry with a waterproof dressing, other dressing may need to be removed before you wash. Do not worry if you splash the wound, but do not rub the wound area as this will cause pain and might delay the healing process.

Do not put any bathing products such as soap, shower gel, body lotion or talcum powder directly on the healing wound. Pat the wound gently with a clean towel after bathing or showering.

If the surgery was performed on your face, please do not apply make-up over the scar until it has fully healed.