

SURGICAL SCRUB TECHNIQUE

CUTAN® OPTIDOSE ANTISEPTIC HANDRUB

- Handwash with soap and water on arrival to OR, after having donned theatre clothing (cap/hat/bonnet and mask).
- Use Cutan Optidose alcohol-based handrub (ABHR) product for surgical hand preparation, by carefully following the technique illustrated in Images 1 to 17, before every surgical procedure.
- If any residual powder or biological fluids are present when gloves are removed following the operation, wash with Cutan Clear Foam handwash and water.



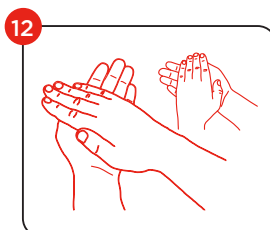
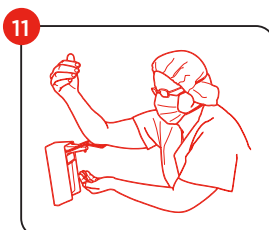
1 Apply 2 pumps (3mL) of Cutan Optidose ABHR in the palm of your left hand, using the elbow of your other arm to operate the dispenser.



2 Dip fingertips of your right hand in the handrub to decontaminate under the nails (5 seconds).



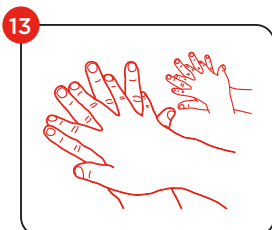
Images 3-7: Smear the handrub on the right forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10-15 seconds).



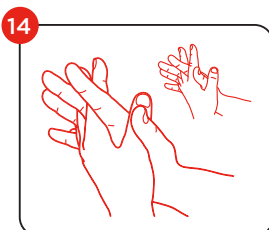
Images 8-10: Now repeat steps 1-7 for the left hand and forearm.

11 Apply 2 pumps (3mL) of Cutan Optidose ABHR and rub hands together up to the wrist (20-30 seconds).

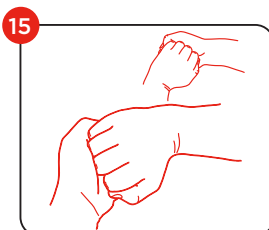
12 Rub hands palm to palm with a rotating movement.



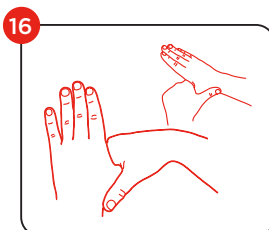
13 Rub backs of hands with fingers interlaced



14 Rub palm against palm with fingers interlinked.



15 Work around fingers and nails



16 Rotational rubbing around thumbs and vice versa.



17 When hands are dry, sterile surgical clothing and gloves can be donned.

Repeat this sequence (average 60 seconds) to ensure the duration of the technique lasts for 3 minutes.
Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009