



## **Gloving and gowning basics**

The aim of sterile gloving and gowning is don't to allow contamination of operation wound with microorganisms and so to reduce a risk of developing stubborn infection in the wound.

## **Hands preparing**

It is necessary to wash hands carefully before putting on sterile clothing and gloves. Scrub impregnated with disinfectant solution is recommended for hand washing, liquid soap may be used, too.

At first hands must be moistened. After that the wrist and the whole forearm up to the elbow must be overlaid with soap or scrub. After the whole arms are coated with soap wrist washing may be continued. Places under the nails take special care, they must be absolutely clean. The exposition time of soap or scrub is important point, taking into consideration that is the only way to kill microorganisms on the skin. The process of hand washing passes approximately 5-8 minutes.

Hands must be rinsed off soap under running water starting with wrist and after into direction to elbow joint. After rinsing off it is advisable wrist to be overlaid with liquid disinfectant for hands and only after this hands may be dried with sterile towel. At first fingers and wrist have to be dried and only then forearm. Remember – the sterile towel must be visually splitted into two parts, each of them for drying right and left hand.

N.B. Both hand washing and hand rinsing must be started with fingers and wrist because they have to be the cleanest!!!



Co-funded by the  
Erasmus+ Programme  
of the European Union

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Project No. 2016-1-LV01-KA202-022652