

Surgical Gowning Technique



GOWNING	
1	With one hand, pick up the entire folded gown from the wrapper by grasping the gown through all layers, being careful to touch only the inside top layer which is exposed.
2	Once your hands are securely pinching the gown in these slots , step back from the shelf and allow the gown to drop .
3	Make sure the gown does not touch any surrounding unsterile objects .
4	Grasp the inside shoulder seams and open the gown with the armholes facing you .
5	Carefully insert your arms part way into the gown one at a time , keeping hands at shoulder level away from the body.
6	Slide the arms further into the gown sleeves and when the fingertips are level with the proximal edge of the cuff, grasp the inside seam at the cuff hem using thumb and index finger . Be careful that no part of the hand protrudes from the sleeve cuff.
7	A theatre assistant will fasten the gown behind you, positioning it over the shoulders by grasping the inside surface of the gown at the shoulder seam. The theatre assistant's hands should only ever be in contact with the inside surface of the gown.
8	The theatre assistant then prepares to secure the gown at the neck and upper back . Gowns differ in how they are secured, but most will have either ties , buttons or velcro tabs .
FINAL TIE	
1	Detach the cardboard slip from the short tie , ensuring you keep hold of the short tie in your left hand
2	Now pass the cardboard slip to the theatre assistant , ensuring not to make direct contact with their hand
3	They will pass the tie around your back – now take the tie , and let them pull the cardboard off the tie so that you can tie a bow at your waist

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