

Surgical Scrub, Gowning and Gloving



PREPARING TO SCRUB	
1	Open the gown packet carefully from the edges
2	Open the sterile gloves over the gown and drop onto the gown
3	Put on a surgical mask and eyewear protection
PRE-SCRUB WASH	
4	Run the tap and test the water
5	Collect a scrub brush/sponge and nail pick (often all in the same package) and dispense antimicrobial solution onto your hands and the brush
6	Wet the hands and arms for an initial pre-scrub wash. Use several drops of scrub solution and work up a heavy lather , then wash the hands and arms to the elbows .
7	Rinse the hands and arms thoroughly, allowing the water to run from the hands to the elbows.
8	Use a nail pick to clean under the fingernails and drop into the bin (using a foot pedal)
9	Moisten the nail brush and dispense antimicrobial solution onto the sponge-side.
10	Lather the fingertips with sponge-side of brush, washing all four sides of the fingers .
11	Then using the bristle side of the nail brush , scrub the spaces under the fingernails of the right or left hand. Repeat the process on the other hand.
SCRUBBING PROCEDURE	
12	Wet hands and forearms , apply antimicrobial solution and rub hands palm to palm to create a lather.
13	Rub the right palm over back of left and vice versa with the fingers interlaced .
14	Rub hands palm to palm , with fingers interlaced .
15	Perform rotational rubbing backwards and forwards with clapsed fingers of the right hand into the left palm hand and vice versa.
16	Perform rotational rubbing of the right thumb clasped in the left hand and vice versa.
17	Rub the finger tips on the palms for both hands.
18	Continue with the rotating action down opposing arms , working to just below the elbows .
19	Rinse and repeat steps 1-7 keeping hands raised above elbows at all times (repeat 2-3 times, with the second wash only covering two-thirds of the forearm and the third time only covering to the wrist.
20	Rinse your hands from fingertips to your elbows
21	Turn the tap off with your elbow and allow water to drip from your elbows
22	Pick up one hand towel from the top of the gown pack and step back from the surface.

23	Holding one end of the towel with one hand dry the fingers of the opposite hand using a blotting rotational motion .	
24	Repeat with the other towel from the pack for the other hand and arm .	
GOWNING		
25	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.	
26	Once your hands are securely pinching the gown in these slots , step back from the shelf and allow the gown to drop .	
27	Make sure the gown does not touch any surrounding unsterile objects .	
28	Grasp the inside shoulder seams and open the gown with the armholes facing you .	
29	Carefully insert your arms part way into the gown one at a time , keeping hands at shoulder level away from the body.	
30	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.	
31	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.	
32	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 .	
GLOVING		
33	Open the inner glove packet that you previously dropped onto your sterile field.	
34	Pick up one glove by the folded cuff edge with your sleeve-covered hand .	
35	Place the glove on the opposite gown sleeve palm down , with the glove fingers pointing toward you . The palm of the hand inside the gown sleeve must be facing upward toward the palm of the glove.	
36	Place the glove's rolled cuff edge at the seam that connects the sleeve to the gown cuff. Grasp the bottom rolled cuff edge of the glove with the thumb and index finger of the hand the glove is on top of.	
37	While holding the glove's cuff edge with one hand, grasp the uppermost edge of the glove's cuff with the opposite hand .	
38	Continuing to grasp the glove, stretch the cuff of the glove over the hand .	
39	Using the opposite sleeve covered hand, grasp both the glove cuff and sleeve cuff seam and pull the glove onto the hand. Pull any excessive amount of glove sleeve from underneath the cuff of the glove.	
40	Using the hand that is now gloved put on the second glove in the same manner. Check to make sure that each gown cuff is secured and covered completely by the cuff of the glove.	
41	Hands should remain within the sleeves at all times until inside the glove.	

FINAL TIE	
42	Detach the cardboard slip from the short tie , ensuring you keep hold of the short tie in your left hand
43	Now pass the cardboard slip to the theatre assistant , ensuring not to make direct contact with their hand
44	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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