



## PREVENTING INFECTION

Infection after any orthopedic surgery can be catastrophic and should be avoided in every way possible. The first few weeks after surgery are the most common time for wound infections. The following is a list of SOME of the ways to prevent infection:

1. ALWAYS call the office if your incision becomes red, swollen or draining.
2. Until cleared by Dr. Quinby:
  - a. Keep the surgical wound clean at all times.
  - b. Keep the surgical wound covered at all times.
  - c. Do not soak the surgical wound.
  - d. Do not apply lotions, ointments, hydrogen peroxide or iodine to the wound.
3. For diabetics, keep your glucose levels in the normal range.
4. NO smoking
5. Eat a high protein diet (protein drinks/shakes to supplement).
6. Good oral hygiene
  - a. regular dental visits to prevent need for more invasive dental procedures
  - b. NO DENTAL WORK WITHIN THREE MONTHS AFTER JOINT REPLACEMENT SURGERY**
  - c. Take antibiotics before more invasive dental work (deep cleanings, root canals, etc)