

# Surgical Hand Preparation with Softa-Man® Hand Sanitiser

**B | BRAUN**  
SHARING EXPERTISE

SoftaMan® is an alcohol based hand rub (ABHR) formulation suitable for pre-operative Surgical Hand Disinfection such as in the operating theatre and between surgical cases.

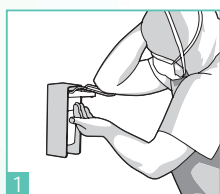
This hand rubbing technique for surgical hand preparation must be performed on perfectly clean, dry hands for a duration of 90 seconds.

Immediately after a surgical procedure hands must be washed with soap and water if there is any residual talc or biological fluids present (e.g. the glove is punctured).

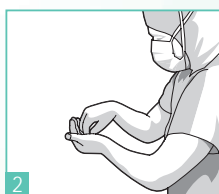
Hands must be rubbed with SoftaMan® or washed with soap and water and any follow up measures (eg. for body fluid exposure) in accordance with local policy.

Surgical procedures may be carried out one after the other without the need for hand washing, provided that the hand rubbing technique for surgical hand preparation is followed (images 1 to 17).

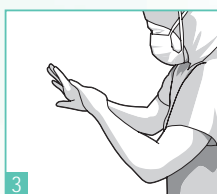
**Always follow the policy and protocol of your local authority and/or facility.**



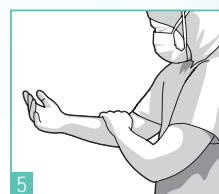
1 Apply approx. 3 ml of alcohol based hand rub in the palm of your left hand, using the elbow of your other arm to operate the dispenser.



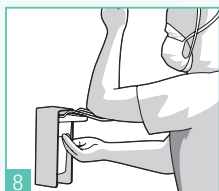
2 Dip the fingertips of your right hand in the hand rub to decontaminate under the nails (5 sec).



3 Images 3 – 7: Smear the hand rub 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 hand rub has fully evaporated (10 – 15 sec).



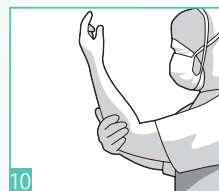
See text for steps 3-6.



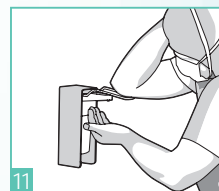
8 Apply approx. 3 ml of alcohol based hand rub in the palm of your right hand, using the elbow of your other arm to operate the dispenser.



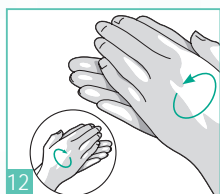
9 Dip the fingertips of your left hand in the hand rub to decontaminate under the nails (5 sec).



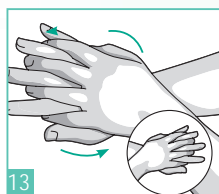
10 Smear the hand rub on the left forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the hand rub has fully evaporated (10-15 sec).



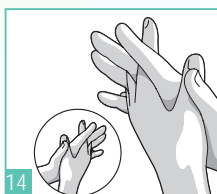
11 Apply approx. 3 ml of alcohol based hand rub in the palm of your left hand, using the elbow of your other arm to operate the distributor. Rub both hands at the same time up to the wrists and ensure that all the steps represented in images 12-17 are followed (20-30 sec).



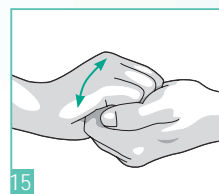
12 Cover the whole surface of the hands up to the wrist with alcohol based hand rub, rubbing palm against palm with a rotating movement.



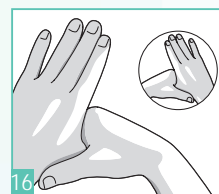
13 Rub the back of the left hand, including the wrist, moving the right palm back and forth and vice-versa.



14 Rub palm against palm, back and forth with fingers interlinked.



15 Rub the back of the fingers by holding them in the palm of the other hand with a sideways back and forth movement.



16 Rub the thumb of the left hand by rotating it in the clasped palm of the right hand and vice versa.



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



clean hands **save lives**