

# STEP-BY-STEP GUIDE TO ASEPTIC TECHNIQUE

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This technical guide shows a step-by-step, modified aseptic technique, known as clean technique because of the use of tap water as the cleaning fluid of choice. It is suitable for use on wounds healing by secondary intention, traumatic wounds and surgical wounds older than 24 hours. The clean technique may, if necessary, be altered within the procedural guidance given in the accompanying article 'Aseptic technique: a review of the literature' in this publication (p.134–141).



## 1. Preparation

- ▶ Prepare patient for procedure by providing analgesia and toileting if required, hand wash as appropriate for these procedures.
- ▶ Disinfect chosen working surface such as dressing trolley, tray, or bedside table with 70% alcohol wipe.
- ▶ Gather equipment.
- ▶ Position client and screen for privacy.



## 3. Open pack

- ▶ Check for damage to the pack and expiry date.
- ▶ Open pack onto work surface.
- ▶ Use the corners of the sterile field to spread it out onto the working surface.



## 2. Hand hygiene

- ▶ Wash hands or use alcohol gel.
- ▶ Apply disposable plastic apron if dressing pack does not contain one.



## 4. Dropping on

- ▶ Open dressings and other equipment so that they fall untouched onto the middle of the field.
- ▶ If the dressing pack contains an apron apply it, it will be presented first, so that you can pick it up without touching the other sterile contents.



5. Arrange sterile field

- ▶ Pick up the waste bag by the opening end, touching as little of the surface as possible and place hand inside the bag.
- ▶ Arrange pack contents and dressings for convenience.



6. Remove old dressing

- ▶ Keep hand in bag and remove old dressing (gloves may be required for dexterity and commonly available non-sterile gloves can be used).
- ▶ Invert bag to contain old dressing and place bag close to wound working area for convenient disposal of used materials.
- ▶ Fill receptacle with appropriate cleaning solution, commonly tap water.



7. Apply gloves

- ▶ Put on gloves from the pack without touching the outer glove surfaces.



8. Cleaning wound

- ▶ Clean wound according to good wound care principles (i.e. only if there is loose necrotic tissue or slough, excess exudate or faecal contamination, or the presence of foreign bodies).
- ▶ Clean surrounding skin so it is free of exudate, skin scale, dressing residues, urine or faeces.
- ▶ Gently dry surrounding skin and apply skin sealants if required.



9. Redressing

- ▶ Redress and bandage as required.



10. Clearing away

- ▶ Dispose of any sharps directly to sharps bin at bedside.
- ▶ Fold up field around any remaining materials and place into waste bag.
- ▶ Return any reusable items to sterile supply department.
- ▶ Remove gloves and apron to waste bag.
- ▶ Discard bag into appropriate waste stream depending on your location (hospital or community) according to local policy.
- ▶ Clean up any spillage on work surface with detergent wipes.
- ▶ Disinfect work surface with 70% alcohol wipe.
- ▶ Wash hands or use alcohol hand gel.