

Episode 8: Pre-Operative Prevention of Surgical Site Infections Following Digestive Surgery

Mohsan Subhani

Podcast Episode

Surgery

January 29, 2026

New European guidelines on pre-operative surgical site infection prevention in gastrointestinal surgery update 2018 WHO recommendations, addressing corticosteroids, anti-TNF therapy, and skin preparation.

KEY POINTS

- Surgical site infections are the most common post-operative complication in GI surgery, accounting for over 36% of hospital-acquired infections, with rising incidence of multidrug-resistant bacterial infections.
- Alcohol-based chlorhexidine for pre-operative skin preparation showed 47 fewer infections per 1000 patients compared to iodine preparations, which also caused more skin irritation.
- Stopping corticosteroids pre-operatively reduced overall SSIs and significantly reduced organ space infections including anastomotic leaks, though emergency settings may not permit optimisation.
- Stopping anti-TNF therapy pre-operatively reduced SSIs, with surgery ideally planned at the drug's nadir (just before next infusion), though this requires joint decision-making between MDT and patient due to risks of disease recurrence or antibody development.
- The guidelines identify knowledge gaps including lack of patient-reported outcomes, insufficient evidence on adverse effects of stopping immunosuppressants, and need for high-quality RCTs; grey areas may require future consensus statements using different methodology.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/b4b5dc7a-17bb-11f1-a958-0242ac120003>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.