

TABLE 2 - Hand-Hygiene Methods and Indications

The following hand-hygiene methods and indications are recommended:

Method	Agent	Purpose	Duration (minimum)	Indication*
Routine handwash	Water and nonantimicrobial soap (e.g., plain soap [†])	Remove soil and transient microorganisms	15 seconds	Before and after treating each patient (e.g., before glove placement and after glove removal)
Antiseptic handwash	Water and antimicrobial soap (e.g., chlorhexidine, iodine and iodophors, chloroxylenol [PCMX], triclosan)	Remove or destroy transient microorganisms and reduce resident flora	15 seconds	After barehanded touching of inanimate objects likely to be contaminated by blood or saliva
Antiseptic hand rub	Alcohol-based hand rub Water and antimicrobial soap (e.g., chlorhexidine, iodine and iodophors, chloroxylenol [PCMX], triclosan)	Remove or destroy transient microorganisms and reduce resident flora	Rub hands until the agent is dry	Before leaving the dental operator or the dental laboratory. When visibly soiled Before regloving after removing gloves that are torn, cut, or punctured
Surgical antiseptics	Water and non-antimicrobial soap (e.g., plain soap [†]) followed by an alcohol-based surgical hand-scrub product with persistent activity	Remove or destroy transient microorganisms and reduce resident flora (persistent effect)	2–6 minutes. Follow manufacturer instructions for surgical hand-scrub product with persistent activity.**	Before donning sterile surgeon's gloves for surgical procedures.††

* (7,9,11,13,113,120–123,125,126,136–138).

- † Pathogenic organisms have been found on or around bar soap during and after use (139). Use of liquid soap with hands-free dispensing controls is preferable.
- § Time reported as effective in removing most transient flora from the skin. For most procedures, a vigorous rubbing together of all surfaces of premoistened lathered hands and fingers for >15 seconds, followed by rinsing under a stream of cool or tepid water is recommended (9,120,123,140,141). Hands should always be dried thoroughly before donning gloves.
- ¶ Alcohol-based hand rubs should contain 60%–95% ethanol or isopropanol and should not be used in the presence of visible soil or organic material. If using an alcohol-based hand rub, apply adequate amount to palm of one hand and rub hands together, covering all surfaces of the hands and fingers, until hands are dry. Follow manufacturer's recommendations regarding the volume of product to use. If hands feel dry after rubbing them together for 10–15 seconds, an insufficient volume of product likely was applied. The drying effect of alcohol can be reduced or eliminated by adding 1%–3% glycerol or other skin-conditioning agents (123).
- ** After application of alcohol-based surgical hand-scrub product with persistent activity as recommended, allow hands and forearms to dry thoroughly and immediately don sterile surgeon's gloves (144,145). Follow manufacturer instructions (122,123,137,146).
- †† Before beginning surgical hand scrub, remove all arm jewelry and any hand jewelry that may make donning gloves more difficult, cause gloves to tear more readily (142,143), or interfere with glove usage (e.g., ability to wear the correct-sized glove or altered glove integrity).