

## A little warmth can go a long way...

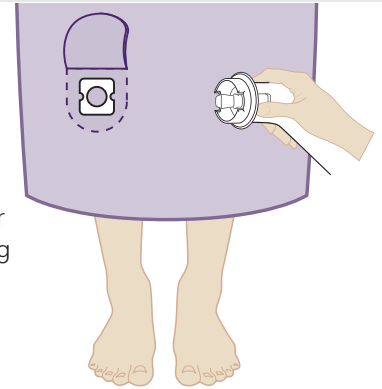
Warming patients preoperatively with the 3M™ Bair Hugger™ warming gown system adds to the total heat content of the body. Even if your patient is normothermic in pre-op, adding some warmth to the body helps to minimize body temperature drop that occurs after anesthesia induction.<sup>1</sup>

A little warmth can go a long way. Implementing patient warming preoperatively can help improve patient outcomes<sup>2</sup>, reduce anxiety<sup>4</sup>, and increase satisfaction levels.<sup>3</sup>

### Easy steps to successful warming

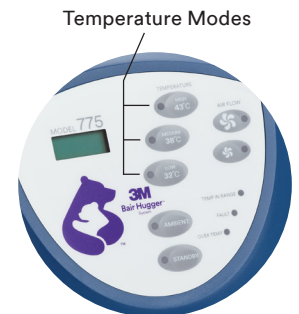
#### 1. Always attach the Bair Hugger warming gown to the Bair Hugger patient adjustable warming unit preoperatively.

Unlike passive warming methods such as cotton gowns and warmed cotton blankets, the Bair Hugger gown actively warms by continuously adding heat to the body through forced-air warming. To initiate active warming, simply attach the Bair Hugger patient adjustable warming unit hose to the Bair Hugger gown. Turn on the unit controller to the highest temperature setting and give the controller to the patient. Educate the patient about the importance of prewarming. For maximum clinical benefit, encourage patients to utilize the highest possible temperature setting and then adjust as needed if they become uncomfortable or begin to sweat. Continuous airflow is recommended for optimum patient comfort.



#### 2. Monitor your patients' intraoperative temperatures and adjust the Bair Hugger warming unit's temperature setting accordingly.

Warming patients before surgery can help decrease the amount of core body temperature drop that occurs after the induction of anesthesia.<sup>1</sup> Therefore when initiating intraoperative warming with the Bair Hugger warming unit, you may need to slightly modify your current warming practices to avoid overheating patients.



#### 3. Check PACU temperature status.

Studies have shown that prewarmed patients arrive in PACU warmer than non-prewarmed patients.<sup>5</sup> If you should notice that patients are uncomfortably warm, connect the Bair Hugger gown to the Bair Hugger patient adjustable warming unit and turn on to the ambient setting.

**>36°C**

#### References:

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2. Melling AC, Ali B, Scott EM, Leaper DJ. Effects of preoperative warming on the incidence of wound infection after clean surgery: a randomized controlled trial. *Lancet.* 2001;358:876-880
3. Wasfie TJ, Barber KR. Value of Extended Warming in Patients Undergoing Elective Surgery. *Int Surg.* 2015;100:105-108.
4. Benson E. E., McMillan D. E., and Ong B. The effects of active warming on patient temperature and pain after total knee arthroplasty. *American Journal of Nursing.* 2012;112(5): p26-33
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