

# How to “CARE” for your “Scrubs”



First of all, buy scrubs of good quality. Scrubs with a high thread count will last longer *and* feel more substantial on your body. Those \$7.99 products you see on the internet and sometimes in local stores generally of poor quality and single stitched. Like the old saying goes “You get what you pay for”.

You must realize that scrubs are probably the most germ infested garments in the world after a shift at a hospital, nursing facility, or even a doctor’s office. You put on gloves to protect yourself going from patient to patient and room to room to protect your hands from germs. You discard the gloves after each patient then use and alcohol gel or foam dispenser, which seems to be every ten feet these days. This is all fine and good but your scrubs are carrying germs from rubbing up against patients during procedures or even the bed linens.

Now that your shift is over and you have all these germs on your scrubs, you drive home to your family with the potential of getting a member or members of your family ill. Speaking of driving, may I suggest spraying your driver’s seat with an antibacterial disinfect spray once a week or more. Simple logic here, germs are on scrubs and transferred to the car seat.

Now that you are home and your coat is off you may consider spraying disinfect on the interior and exterior of your coat. Simple logic again, germs on scrubs transferred to coat. Time to get those germ infested scrubs off. **DO NOT** put them in with your regular laundry; those germs

will spread to other garments. Instead have a separate PLASTIC hamper and spray in interior with a disinfecting spray regularly.

Now as far as laundering your scrubs please launder them separate in warm water. Use a detergent that contains color fast bleach. There are many on the market today. If your washing machine that has a second rinse option, you may want to do that too. In addition you can wash them inside out in order to protect the colors from fading as well as gentle cycle to further prevent fading and helps prevent shrinkage.

Dry as usual, and again, spray the interior of your dryer with a disinfecting spray. Maybe even a scented spray so your scrubs will come out with a pleasant scent.

I personally have not seen this, but consider ironing your scrub tops and bottoms. The heat will kill any remaining germs that may still be present. Not to mention a nicely creased pant leg makes you look more professional. Would a lawyer go to court without a nicely pressed suit? Would the President give a press conference in jeans and a tee shirt? Of course he wouldn't. Remember you all are professionals!

In closing, I'd like to say "THANK YOU" for all that you give. Your comfort, love and compassion to all that you serve. Your *scrubs* are your *uniforms* and when people see you wearing them in public they remember that Doctor or Nurse that helped them.

Remember, "Take care of your scrubs and they will take care of you".

Ken Buben

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