3 Showers. 3 Days. Fewer germs.

Pre-Operative Skin Preparation for Joint Replacement and Spine Surgery: What You Can Do to Prevent Surgical Site Infections

There is a small risk of infection with any surgery. We work hard to prevent infections and want you to get involved and play a role in your health. Because skin is not sterile, we want your skin to be as free of germs as possible before surgery. You can reduce the number of germs on your skin and decrease the risk of a surgical site infection by preparing your skin with a special soap called chlorhexidine gluconate (CHG). You will receive the CHG liquid soap from pre-admission testing (PAT) department and receive instructions on showering or bathing once a day for 3 days prior to surgery (see Daily Showering on next page).

Caution: Do not use Chlorhexidine Gluconate solution 4% on your head or face. Avoid contact with your eyes. (If contact occurs, flush eyes thoroughly with water). Do not use if you are allergic to Chlorhexidine Gluconate or any inactive ingredients in this soap. Avoid use in the genital area, as irritation may result. Use your regular soap in this area.
**Do not shave the surgical area!** Your nurse will use clippers to remove hair, if needed, at the surgical site on the day of surgery. Using a razor to remove your hair before surgery can leave small cuts on the skin, which should be avoided.

**Daily Showering (or sponge bath if necessary)**

You will wash with the soap provided for three days prior to your surgery

1. Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body. Wash your face and genitals with your regular soap/cleanser.
2. Turn off shower or direct the flow away from your body.
3. Pour about one ounce (1/3 of bottle) of the Chlorhexidine Gluconate solution 4% soap onto a wet, clean washcloth and apply to your whole body from your **neck down** (do not use on hair, face or genitals).
4. Wash your body gently and thoroughly.
5. Rinse your body thoroughly. **This is very important.**
6. Using a fresh, clean towel, dry your body.
7. Dress in freshly washed clothes or pajamas.
8. Use clean sheets and pillowcases after your **first** shower.
9. **Do not** use lotions, powders, or creams after showering.

If you are a Spine Surgery patient and have questions after reading this information, please call Trisha at (315) 744-1474 or (315) 448-5470 and ask for a nurse.

If you are a Total Joint Surgery patient and have any questions after reading this information, please call Dan at (315) 726-9169 or (315) 448-5410 and ask for a nurse.
Please complete this checklist and bring it with you when you come in for your surgery.

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<tr>
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<th>Shower #1</th>
<th>Shower #2</th>
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<tr>
<td>Shower with CHG Soap</td>
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**Bactroban/Mupirocin Ointment**

You will complete this **ONLY** if we call you about your staph screening

- Use ointment for five days, twice a day
- Read medication label to make sure you have the correct ointment
  1. Wash your hands
  2. Using a cotton tipped applicator (Q-tip), apply approximately a pea sized amount of the ointment directly on the cotton applicator (Q-tip)
  3. Tilt head back slightly
  4. Insert the cotton tipped applicator (Q-tip), into one nostril and then repeat for the other nostril using a new cotton tipped applicator.
  5. Avoid contact of the ointment with your eyes
  6. Press the sides of your nose together and gently massage to spread the ointment throughout the inside of the nostrils
  7. Enter dates and times that you applied the ointment on the checklist below.

You may experience a slight irritation when used as directed. Discontinue the use of the ointment and contact your doctor if you have a SEVERE reaction.
Please complete this checklist (if you were called about your staph screening) and bring it with you when you come in for your surgery.

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<thead>
<tr>
<th>Date</th>
<th>Morning dose</th>
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<td>Surgical Day</td>
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Methicillin Resistant Staph Aureus (MRSA) Screening

Staphylococcus aureus or “Staph” is a germ that lives on the skin and in the nose of some healthy people. Your skin protects from those germs. When you have surgery, we will be cutting your skin. Sometimes germs can get into those cuts and cause infection. We will swab your nose to see if you have Staph. The test will take 1-2 days for us to know. A positive test does not mean you have an infection. Your surgery will not be canceled or delayed. **If your test is positive, you will receive a phone call.** You will be asked to get the Bactroban (Mupirocin) at your pharmacy and reminded to complete these instructions.