

PREPARING YOUR SKIN FOR SURGERY:

What you can do to help prevent surgical site infections

TWO SHOWERS + ANTIBACTERIAL SOAP = FEWER GERMS

There is a risk of infection with any surgery. We work hard to prevent infections and want you to get involved and help us reduce the risks as much as possible. 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, or a prescription for it, from your surgeon's office and instructions on showering or bathing twice prior to surgery (see Daily Showering on page 2).

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.

Please complete this checklist and bring it with you when you come in for your surgery.

	Shower #1 (evening prior to surgery)		Shower #2 (morning of surgery)	
Shower with CHG Soap	DATE	TIME	DATE	TIME



DAILY SHOWERING (OR SPONGE BATH IF NECESSARY)

You will wash with the CHG soap provided for **two** showers 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 two ounces (1/2 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, paying special attention to the area where your surgery will be performed.
5. **Wait a full 60 seconds before turning water back on to rinse the CHG off.**
6. Rinse your body thoroughly. Do not wash with your regular soap after using the CHG.
7. Using a fresh, clean towel, dry your body.
8. Dress in freshly washed clothes or pajamas.
9. Use clean sheets and pillowcases after your first shower.
10. **Do not** use lotions, powders, or creams after showering.
11. If there are pets in the house, please keep them out of the room for the night.

Do not shave the surgical area! Hospital personnel 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 increases the risk of surgical site infection.

If you have questions after reading this information please call one of the numbers below.

Spine Surgery Patients: 315.744.1475

Total Hip or Knee Patients: 315.726.9169

Shoulder Surgery Patients: 315.744.1475

All Other Patients: 315.448.6439 (ask for a nurse)



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