

Getting Your Skin Ready for Surgery

You are scheduled to have surgery. To decrease your risk of infection, you will need to get your skin as free of germs as possible. You can reduce the number of germs on your skin by carefully washing with a special soap called **chlorhexidine gluconate (CHG)** before surgery.

Follow These Instructions

- **You may be given or you will need to buy CHG soap.** You will need a 4-ounce (118-milliliter) bottle or larger. The soap is sold under the brand name **Hibiclens**, or there may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies.
- **Do not shave the site** where your doctor will be making the cut for your surgery for **48 to 72 hours before surgery**.
- **You need to shower with CHG soap two times before your surgery:**
 - The day before your surgery
 - Again, the morning of your surgery

Cleaning Your Skin with CHG Soap

1. Start by washing your hair with your normal shampoo and wash your body with regular soap. Rinse your hair and body well to remove any shampoo or soap that might be on your skin.
2. Wet a clean washcloth and turn off the shower.
3. Put the CHG soap on the wet, clean washcloth.

术前皮肤准备

您的手术日期已经安排妥当。为降低感染风险，需要让您的皮肤尽量不带细菌。您可在术前用名为**葡萄糖酸洗必泰 (CHG)** 的特殊皂液仔细地清洗皮肤，以减少皮肤上的细菌数量。

请遵循下列说明

- **CHG 皂液可能会提供给您，或者您将需要自己购买。**您需要买一瓶容量为 4 盎司（118 毫升）或以上的皂液。此皂液的通用品牌是 Hibiclens。可能有价格更便宜的非品牌产品。请咨询药房的药剂师以找到所需产品。它经常与急救用品摆放在一起。
- 在术前 48 到 72 小时，请勿对医生要在术中做切口的部位进行剃毛清理。
- **您需要用 CHG 皂液在术前洗两次淋浴：**
 - 手术前一天
 - 手术当天早晨

用 CHG 皂液清洗皮肤

1. 先用普通洗发剂清洗头发，并用普通皂液清洗身体。将头发和身体冲洗干净，以除去皮肤上可能沾有的所有洗发剂或皂液。
2. 将一条干净的毛巾打湿，然后关闭淋浴。
3. 把 CHG 皂液倒在这条干净的湿毛巾上。

4. Apply the CHG soap to your whole body from the **neck down only**. **Do not** use CHG soap on your face and be careful not to get it in your eyes, nose, mouth or ears. CHG soap does not lather well. Put more CHG soap on the washcloth as you cover more of your body. You should use about 2 ounces or $\frac{1}{4}$ cup (60 milliliters) of CHG soap with each shower.
5. Wash your body gently for **5 minutes**, paying special attention to the part of your body where the surgery will be done. Be sure to wash the back of your neck and under your arms. Wash your belly button, groin and legs down to your toes. **Do not scrub too hard**.
6. Turn the shower back on and rinse well to get the CHG soap off of your body. **Do not** wash with regular soap after you have used CHG soap.
7. Pat yourself dry with a clean, dry towel.
8. Do not use any powders, deodorants, lotions, make-up, hairspray or other products.
9. Put on clean clothes.

Be sure to take a second shower with CHG soap the morning of your surgery.

Special Notes

- **If you are to have a cut made into your scalp**, you need to wash your hair with CHG soap each time you shower. Wash your hair with regular shampoo and rinse it well with water. Put a large amount of the CHG soap into your palm and then work it through your hair and scalp. It will not lather like your shampoo. Be careful not to get CHG soap into your eyes, nose, mouth or ears. Rinse with clean water.
- **If you do not have a shower**, or you are not able to get into the shower, take a sponge bath. Do not wash your hair unless you are to have a cut into your scalp. First, bathe with a washcloth and regular soap. Rinse with clean water. Then get a clean washcloth, and use CHG soap to wash your body. Rinse with another clean washcloth and plain water. Dry with a clean towel.

4. 给全身（仅限从颈部往下的部位）涂抹 CHG 皂液。请勿在脸上用 CHG 皂液，并且当心不要让皂液进入眼、鼻、口或耳内。CHG 皂液不太起泡沫。另将更多的 CHG 皂液倒在毛巾上，以清洗更多身体部位。每次洗淋浴时，应使用容量约 2 盎司或四分之一杯（60 毫升）的 CHG 皂液。
5. 轻轻地清洗身体 5 分钟，特别是清洗要做手术的身体部位。务必清洗颈后面和腋下部位。清洗肚脐、腹股沟以及从腿往下到脚趾的部位。不要过于用力擦洗。
6. 重新打开淋浴，将身体冲洗干净以除去 CHG 皂液。在用过 CHG 皂液后，不要用普通皂液清洗。
7. 用洁净的干浴巾将身体轻轻拍干。
8. 不要使用任何粉剂、除臭剂、润肤液、化妆品、头发定型剂或其它产品。
9. 穿上干净的衣服。

请务必在手术当天早晨再用 CHG 皂液洗一次淋浴。

特别说明

- 如果术中要在您的头皮上做切口，您需要在每次洗淋浴时用 CHG 皂液清洗头发。先用普通洗发剂清洗头发，并用清水冲洗干净。然后将大量 CHG 皂液倒在手掌上，并涂抹于头发和头皮上。它不会像洗发剂一样起很多泡沫。请当心不要让 CHG 皂液进入眼、鼻、口或耳内。最后用清水冲洗。
- 如果您没有淋浴设备，或是不能淋浴，可以用海绵擦浴。如果不准备在您的头皮上做切口，请不要清洗头发。先用毛巾和普通皂液清洗身体，并用清水冲洗。然后取一块干净的毛巾，并用 CHG 皂液清洗身体。用另一块干净的毛巾和清水冲洗。最后用一块干净的浴巾擦干身体。

If you have any questions about cleaning your skin, call your doctor's office.

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如有任何关于皮肤准备的问题，请致电医生办公室。

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Getting Your Skin Ready for Surgery. Simplified Chinese.