

# 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.

# Sida Maqaarkaaga Loogu Diyaariyo Qalitaan

Waxa kuu ballansan qalitaan. Si loo yareeyo halista caabuq ama cudur, waxa aad u baahantay in maqaarkaaga aad ka dhigtid mid nadiif ka ah jeermiga intii suurtoagal ah. Waxa aad yareyn kartaa tirada jeermiga maqaarkaaga adiga oo si taxadir leh ugu qubeysta saabuun gaar ah oo la yidhaahdo **chlorhexidine gluconate (CHG)** ka hor qalitaanka.

## Raac Fariimahan

- **Waxa laga yaabaa in lagu siiyo ama waxa aad u baahan doontaa inaad soo iibsatid saabuunta CHG.** Waxa aad u baahan doontaa dhalo ah 4 wiqiyadood (ounce) (118-milliliter) ama ka weyn. Waxa saabuuntaas lagu iibiyaa magac ganacsi oo la yidhaahdo **Hibiclens**, ama waxa laga yaabaa inuu jiro namuun dukaan u gaar ah oo ka kharash yar. Weydii farmasiilaha meesha laga helo dukaanka dhexdiisa. Badanaa waxay la taalaa alaabta gargaarka koowaad.
- **Ha xiirin goobta** uu dhakhtarkaagu ka sameyn doono jeexista qalitaanka mudo ah **48 ilaa 72 saacadood ka hor qalitaanka.**
- **Waxa aad u baahan tahay inaad ku qubeysatid saabuunta CHG laba wakhti ka hor qalitaanka:**
  - Maalinta ka horeysa qalitaanka
  - Markale, subaxa qalitaankaaga

## Sida Maqaarka Loogu Nadiifiyo Saabuunta CHG

1. Ka bilaw inaad timahaaga ku dhaqdid shaambo caadi ah oo aad jidhkaaga ku dhaqdid saabuun caadi ah. Si fiican timahaaga iyo jidhkaaga u biyo raaci si ay kaaga tagaan wixii ah shaambo ama saabuun ee lagu yaabo inay saaran yihiin maqaarkaaga.

2. Wet a clean washcloth and turn off the shower.
3. Put the CHG soap on the wet, clean washcloth.
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.

2. Qooy maro dhiqis oo nadiif ah oo iska xidh biyaha qubeyska.
3. Saabuunta CHG dul saar marada nadiifta ah ee qoyan.
4. Mari saabuunta CHG jidhkaaga oo dhan laga bilaabo **qoorta ilaa hoos kaliya. Ha ku isticmaalin** saabuunta CHG wajigaaga kana taxadir inay kaa gasho indhaha, sanko, afka ama dhegaha. Saabuunta CHG si fiican uma xunbeyso. Saabuunta CHG ku sii kordhi marada dhiqista hadba marka aad u sii marinaysid meel kale oo ah jidhkaaga. Waa inaad isticmaashid qiyaastii 2 wiqiyadood (2 ounces) aama ¼ koob (60 mililitir) oo ah saabuunta CHG halkii qubeys.
5. Si tartiib ah u dhaq jidhkaaga mudo ah **5 daqiiqadood**, adiga oo fiir gaar ah siinaya qaybta jidhkaaga ee qalitaanka lagu sameyn doono. U hubso inaad dhaqdid dhabarka qoortaada iyo hoosta cududahaaga. Dhaq xuduntaada, lugaha dhexdooda iyo lugahaaga ilaa faraha cagaha. **Si xoog leh ha u xoqin.**
6. Dib u fur biyaha qubeyska oo si fiican isku biyo raaci si saabuunta CHG uga baxdo jidhkaaga. **Ha ku** qubeysan saabuun caadi ah ka dib marka aad isticmaashay saabuunta CHG.
7. Si taataabasho ah isku qallaji shukumaan ama tuwaal qallalan oo nadiif ah.
8. Ha isticmaalin wax ah budo (boolbaro/bootar), carfiyeyaal, labeen, waji qoris, buufis timo ama alaabooyin kale.
9. Xidho dhar nadiif ah.

**U hubso inaad mar labaad ku qubeysatid saabuunta CHG subaxa qalitaankaaga.**

## **Fiiryooyin Gaar ah**

- **Haddii jeexid lagu sameynayo dhakadaada ama maqaarka dusha madaxaaga**, waxa aad u baahan tahay inaad timahaaga ku dhaqdid saabuunta CHG wakhti kasta oo aad qubeysatid. Timahaaga ku dhaq shaambo caadi ah oo si fiican u biyo raaci. Ku rid qadar weyn oo ah saabuunta CHG baabacadaada ama calaacashaada ka dibna si fiican u marmari timahaaga iyo dhakadaada ama dusha madaxaaga. Uma xunbeyn doonto sida shaambo. Iska ilaali in saabuunta CHG ay kaa gasho indhaha, sanko, afka iyo dhegaha. Raaci biyo nadiif ah.

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- **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.

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

- **Haddii aanad haysan qubeys sare joog ah**, ama aanad awoodin inaad gashid qubeys sare joog ah, qaado qubeys ah ismarmarin buush ama maro. Ha dhiqin timahaaga haddii aan meel laga jeexayn dhakadaada ama dusha madaxaaga. Marka hore, isku nadiifi maro dhiqis iyo saabuun caadi ah. Raaci biyo nadiif ah. Ka dib soo qaado maro dhiqis oo nadiif ah, oo isticmaal saabuunta CHG si aad u dhaqdid jidhkaaga. Raaci maro dhiqis oo nadiif ah oo kale iyo biyo cad. Isku qallaji shukumaan ama tuwaal nadiif ah.

**Haddii aad qabtid wax su'aalo ah oo ku saabsan nadiifinta maqaarkaaga, wac xafiiska dhakhtarkaaga.**

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