

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.

手術前的皮膚準備

已經安排您的手術日期。為降低感染風險，需要讓您的皮膚儘量不帶細菌。您可在手術前用名為**葡萄糖酸洗必泰 (CHG)**的特殊皂液仔細地清洗皮膚，以減少皮膚上的細菌數量。

請遵循下列說明

- 可能會給您提供 **CHG 皂液**，或者您將需要自己購買。您需要買一瓶容量為 4 盎司（118 毫升）或以上的皂液。此皂液的通常品牌是 **Hibiclens**。也可能有價格更便宜的非品牌產品。請諮詢藥房的藥劑師以找到所需產品。它經常與急救用品放在一起。
- 在手術前 **48 到 72 小時**，請勿對醫生要在術中做切口的部位進行剃毛清理。
- 您需要用 **CHG 皂液**在手術前洗兩次淋浴：
 - 手術前一天
 - 手術當天早晨

用 **CHG 皂液**清洗皮膚

1. 先用普通洗髮精清洗頭髮，並用普通皂液清洗身體。將頭髮和身體沖洗乾淨，以除去皮膚上可能沾有的所有洗髮精或皂液。
2. 將一條乾淨的毛巾打濕，然後關閉淋浴。
3. 把 **CHG 皂液**倒在這條乾淨的濕毛巾上。

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.

4. 給全身（**僅限從頸部往下的部位**）塗抹 CHG 皂液。請勿在臉部用 CHG 皂液，並且當心不要讓皂液進入眼、鼻、口或耳內。CHG 皂液不太起泡沫。另將更多的 CHG 皂液倒在毛巾上，以清洗更多身體部位。每次洗淋浴時，應使用容量約 2 盎司或四分之一杯（60 毫升）的 CHG 皂液。
5. 輕輕地清洗身體 **5 分鐘**，特別是清洗要做手術的身體部位。務必清洗頸後面和腋下部位。清洗肚臍、腹股溝以及從腿往下到腳趾的部位。不要過於用力擦洗。
6. 重新打開淋浴，將身體沖洗乾淨以除去 CHG 皂液。在用過 CHG 皂液後，**不要**用普通皂液清洗。
7. 用潔淨的乾浴巾將身體輕輕拍幹。
8. 不要使用任何粉劑、除臭劑、潤膚液、化妝品、頭髮定型劑或其他產品。
9. 穿上乾淨的衣服。

請務必在手術當天早晨再用 **CHG 皂液** 洗一次淋浴。

特別說明

- 如果術中要在您的頭皮上做切口，您需要在每次洗淋浴時用 CHG 皂液清洗頭髮。先用普通洗髮精清洗頭髮，並用清水沖洗乾淨。然後將大量 CHG 皂液倒在手掌上，並塗抹於頭髮和頭皮上。它不會像洗髮精一樣起很多泡沫。請當心，不要讓 CHG 皂液進入眼、鼻、口或耳內。最後用清水沖洗。

- **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.

- 如果您沒有淋浴設備，或是不能淋浴，可以用海綿擦身。如果不準備在您的頭皮上做切口，請不要清洗頭髮。先用毛巾和普通皂液清洗身體，並用清水沖洗。然後取一塊乾淨的毛巾，並用CHG皂液清洗身體。用另一塊乾淨的毛巾和清水沖洗。最後用一塊乾淨的浴巾擦乾身體。

如有任何關於皮膚準備的問題，請致電醫生辦公室。

9/2011 Health Information Translations

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Getting Your Skin Ready for Surgery. Traditional Chinese.