

# 手術前的皮膚準備

## 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 or foam.** You will need an 8-ounce (236 mL) bottle. 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 **one week before surgery.**
- **You need to shower with CHG soap or foam two times before your surgery:**
  - The night before your surgery
  - Again, the morning of your surgery
- **Use 4 ounces (½ cup or 118 mL) of CHG soap or 4 to 5 pumps of CHG foam each time you shower.**

### How to Shower with CHG Soap or Foam

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.

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

- 您可能獲得免費或需自行購買 **CHG 皂液或泡沫劑**。您需要買一瓶容量為 8 盎司 ( 236 毫升 ) 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。
- 手術前一周，請勿刮擦將要進行手術切開的部位。
- 手術前，您需用 **CHG 皂液或泡沫劑淋浴兩次**：
  - 手術前一晚
  - 手術當天早晨
- 每次淋浴時，使用 4 盎司 ( ½ 杯或 118 毫升 ) **CHG 皂液或 4 至 5 泵 CHG 泡沫劑**。

### 如何用 CHG 皂液或泡沫劑淋浴

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. Wet a clean washcloth. Turn off the shower.
3. Apply some CHG soap or foam to the wet washcloth.
4. Use the washcloth to wash your whole body **from the neck down only**. Do not use CHG soap or foam on your face and be careful not to get it in your eyes, nose, mouth or ears.
  - CHG soap does not lather well.
  - **Keep adding more CHG to the washcloth and continue to wash for 5 minutes.** Use 4 ounces ( $\frac{1}{2}$  cup or 118 mL) of CHG soap or 4 to 5 pumps of CHG foam each time you shower.
  - Pay 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.
5. Turn on the shower and rinse your whole body well. **Do not** wash with regular soap after you have used CHG soap or foam.
6. Pat yourself dry with a clean towel.
7. Put on clean clothes.

**Be sure to take a second shower with CHG soap or foam the morning of your surgery.** When you finish showering on the morning of surgery, **do not** use any powders, deodorants, lotions, make-up, hairspray or other products.

2. 將一條乾淨的毛巾打濕。關閉淋浴。
3. 在濕毛巾上抹一些 CHG 皂液或泡沫劑。
4. 用毛巾擦拭全身，但只能從頸部向下塗抹。請勿在臉上塗抹 CHG 皂液或泡沫劑，並注意切勿使其進入眼、鼻、口或耳。
  - CHG 皂液不太起泡沫。
  - 在毛巾上倒入更多 CHG 皂液，繼續擦拭 5 分鐘。每次淋浴時，使用 4 盎司 ( $\frac{1}{2}$  杯或 118 毫升) CHG 皂液或 4 至 5 泵 CHG 泡沫劑。
  - 特別注意將要進行手術的身體部位。
  - 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。
5. 打開花灑，徹底沖洗全身。使用 CHG 皂液或泡沫劑後，請勿再使用普通皂液。
6. 用一塊乾淨的浴巾擦乾身體。
7. 穿上乾淨的衣服。

手術當天早上，請務必用 CHG 皂液或泡沫劑進行二次淋浴。在手術當天早上完成淋浴後，請勿使用任何爽身粉、除臭劑、乳液、化妝品、髮膠或其他產品。

## If you are having surgery on your scalp:

Your doctor may ask you to wash your hair with CHG soap or foam each time you shower. Wash your hair as marked:

- ❑ **Wash your hair with CHG soap or foam each time you shower.** First, wash your hair with regular shampoo and rinse it well with water. Then, put a large amount of CHG into your palm and work it through your hair and scalp. It will not lather like shampoo. Keep the CHG soap or foam away from your eyes and ears. Rinse with clean water. If you get the CHG soap or foam in your eyes or ears, rinse them well.
- ❑ **Do not wash your hair with CHG soap or foam each time you shower.** Shower and wash with the CHG soap or foam from the neck down only.

## If you are not able to shower:

If you do not have a shower or you are not able to get into a shower, do a sponge bath each time to clean your body. Do not use CHG soap or foam on your hair unless you are told to do so by your doctor.

How to take a sponge bath:

1. First, bathe with a clean washcloth, water and regular soap. Rinse well with clean water.
2. Then, get a clean washcloth and wet it with clean water.
3. Apply some CHG soap or foam to the wet washcloth.
4. Use the washcloth to wash your whole body from the neck down. Keep adding more CHG and continue to wash for 5 minutes.

## 如果在頭皮進行手術：

醫生可能會要求您在每次淋浴時用 CHG 皂液或泡沫劑洗頭。請按照以下步驟洗頭：

- ❑ **每次淋浴時，用 CHG 皂液或泡沫劑洗頭。** 首先用常規洗髮水洗頭，用水沖洗乾淨。然後在掌心倒入大量 CHG，塗抹在頭髮和頭皮上。它不會像洗髮精一樣起很多泡沫。請勿讓 CHG 皂液或泡沫接觸您的雙眼和雙耳。最後用清水沖洗。如果您的雙眼或雙耳中進入 CHG 皂液或泡沫，請充分沖洗。
- ❑ **每次淋浴時，請勿使用 CHG 皂液或泡沫洗頭。** 淋浴，然後用 CHG 皂液或泡沫劑僅從頸部向下擦拭身體。

## 如果您無法淋浴：

如果您無淋浴設施或無法淋浴，每次用海綿清洗身體。除非醫生指示，否則請勿在頭髮上使用 CHG 皂液或泡沫劑。

如何用海綿清洗：

1. 首先用乾淨的毛巾、水和普通皂液沐浴。用清水沖洗。
2. 然後取一塊乾淨的毛巾，用清水弄濕。
3. 在濕毛巾上抹一些 CHG 皂液或泡沫劑。
4. 用毛巾從頸部向下擦拭全身。添加更多的 CHG，繼續擦拭 5 分鐘。

5. Rinse well with another clean washcloth and clean water.
  6. Pat yourself dry with a clean towel.
  7. Put on clean clothes.
5. 用另一塊乾淨的毛巾和清水沖洗。
  6. 用一塊乾淨的浴巾擦乾身體。
  7. 穿上乾淨的衣服。

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

**如有任何關於皮膚準備的問題，請致電醫生辦公室。**