

# Preparing Your Skin Before Orthopedic Surgery

Instructions for Patients



# Preparing your skin

## before orthopedic surgery

**You will soon have an orthopedic surgery.** Here is how to prepare the skin of the region to be operated. Your participation in your care is essential. Preparing your skin is important to minimize infection risks.

### Two days before surgery

- Do not shave your legs, back, or under your arms. Shaving before you apply Chlorhexidine Gluconate may make your skin red or itchy.
- You can shave your face if needed. Electric razors are the best choice.
- You can continue to bathe or shower as usual until the night before surgery.

### Important:

- Avoid CHG touching your eyes, ears and mouth.
- When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching feeling and/or redness. Showering or shaving right before applying CHG may make this worse. If itching or redness doesn't go away, rinse the itchy/red area with warm (not hot) water and stop using CHG.







### The night before surgery

- Shower or bathe using soap and a clean towel.
- Do not use lotions, moisturizers or makeup.
- Water and ingredients in personal care products can lower the antiseptic effects of CHG and make it less effective.

### On the morning of your surgery

- Use the CHG premoistened wipes or sponges according to the instructions for your surgery type on the following pages.
  - **If you use WIPES:**  
Do not shower or bathe after the application. CHG works best when left on the skin. **Let the CHG dry completely. DO NOT RINSE OFF.**
  - **If you use SPONGES:**  
Rinse the solution off your body with water once the application is completed.
- Follow any other pre-surgery instructions your healthcare team has given you. This pamphlet is only about your skin preparation before surgery.

### You are having the following orthopaedic surgery:

- Upper body other than your back (bottom of this page)
- Lower body (see page 4, top)
- Foot and ankle (see page 4, bottom)
- Back (see page 5)

## Upper body

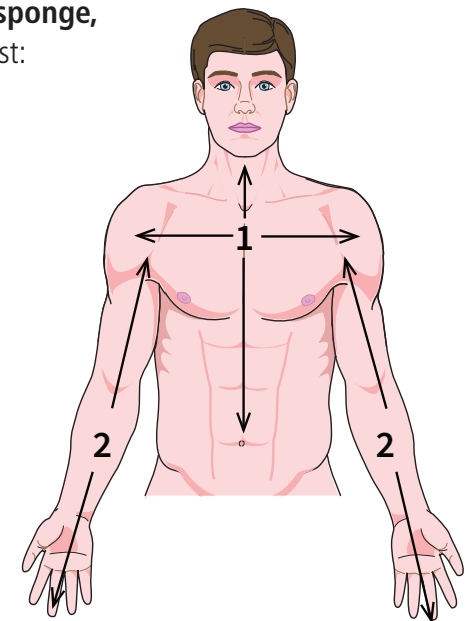
(except surgery on your back)

### 1. Using the 1<sup>st</sup> CHG wipe or sponge, gently wipe your neck and chest:

- Start at your chin and end at your belly button.
- Make sure to wipe from one shoulder to the other.

### 2. Using the 2<sup>nd</sup> CHG wipe or sponge, wipe both arms:

- Start at your shoulder and end at your fingertips.
- **If you are using WIPES:**  
After using the two wipes, let areas dry completely. **Do not rinse any part of your skin.**
- **If you are using SPONGES:** After using the two sponges, rinse your skin using lukewarm water.
- Dress in clean clothes.



## Lower body

### 1. Using the 1<sup>st</sup> CHG wipe or sponge,

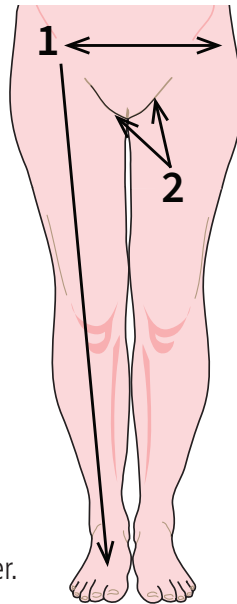
gently wipe the side, front and back of your leg including your hip:

- Start at your hip and wipe towards your ankle.

### 2. Using the 2<sup>nd</sup> CHG wipe or sponge,

gently wipe your groins area:

- Make sure you wipe in any skin folds (not inside genitals).
- **If you are using WIPES:** After using the two wipes, let areas dry for one minute. Do not rinse any part of your skin.
- **If you are using SPONGES:** After using the two sponges, rinse your skin using lukewarm water.
- Dress in clean clothes.



## Foot and ankle

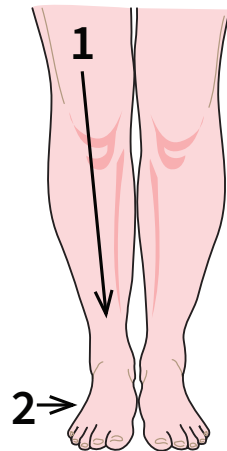
### 1. Using the 1<sup>st</sup> CHG wipe or sponge,

starting at the knee of the leg that will be operated on, gently wipe the front and back of the lower leg to the ankle.

### 2. Using the 2<sup>nd</sup> CHG wipe or sponge,

gently wipe your foot.

- **If you are using WIPES:** After using the two wipes, let areas dry for one minute. Do not rinse any part of your skin.
- **If you are using SPONGES:** After using the two sponges, rinse your skin using lukewarm water.
- Dress in clean clothes.



## Back

If you're having back surgery, please get help from a family member, friend, or someone at home.

### 1. Using the 1<sup>st</sup> CHG wipe or sponge,

have someone gently wipe your shoulders and back:

- Starting at the hairline of your neck and end at your buttocks (bum).
- Make sure they wipe from shoulder to shoulder.

### 2. Using the 2<sup>nd</sup> CHG wipe or sponge,

have someone to wipe both arms:

- Make sure they start at your shoulder and end at your fingertips.
- **If you are using WIPES:** After using the two wipes, let areas dry for one minute. Do not rinse any part of your skin.
- **If you are using SPONGES:** After using the two sponges, rinse your skin using lukewarm water.
- Dress in clean clothes.

