



Preparing your skin before orthopaedic surgery

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> About this leaflet

The purpose of this leaflet is to provide advice on how to prepare your skin before having your orthopaedic surgery.

> Using Chlorhexidine Gluconate solution

You will have been given a supply of Chlorhexidine gluconate (GHC) solution at your pre-assessment appointment. GHC is a solution which will ensure your skin is correctly prepared and clean before surgery. The solution helps to remove germs and/or keep germs from forming.

Please follow the instructions below to ensure your skin is correctly prepared for surgery.

Evening before surgery

1. Using a new disposable wash cloth, wet the skin on your face, then wash your face with undiluted chlorhexidine gluconate skin cleanser, especially around the nose area. Please ensure that you avoid contact with your eyes, ears and mouth.
2. Wet the skin on your body, ideally in the bath or shower.
3. Apply the chlorhexidine gluconate skin cleanser directly to the skin using the clean disposable cloth, ensuring that you pay particular attention to your armpits, groin and buttocks.
4. Leave the solution on the skin for about three minutes.
5. Rinse off thoroughly.
6. Now repeat Steps 1 to 4, but this time starting with your hair. Do not use hair conditioner.
7. After the final rinse, dry yourself with a clean towel. Do not share this towel with any members of your household.
8. Put on clean clothes.
9. Where practically possible, please ensure you have clean sheets/duvet covers and pillowcases on your bed.

Morning of surgery

Repeat steps 1-8 before coming into hospital.

Please wash your clothing and bedding on the highest possible temperature after your showering process has been completed. Do not mix this clothing with any other household clothing.

Things not to do when using Chlorhexidine gluconate

- Do not use any bathing/shower lotions or gels or deodorants.
- Do not use hair conditioner.
- Please do not use any body or facial moisturisers and/or make-up.
- Do not shave, thread, wax or use depilatory (hair removing) creams such as Veet, Nair, Immac your face, legs, pubic area or torso for at least 2 days prior to your surgery. Shaving, threading, waxing and the use of hair removing creams can lead to skin irritation or damage, which in turn, may lead to skin infections, which could delay your surgery or affect your recovery time.
- Men can shave their face as normal, if possible with an electric razor but do not use any after shave.

Using lotions, moisturisers, hair conditioners or make up will reduce the effectiveness of Chlorhexidine gluconate.

Please note that Chlorhexidine gluconate may cause skin irritation, itchiness or redness. If you experience these symptoms, please rinse the areas affected with warm (not hot) water and inform the nursing staff of the symptoms when you are being admitted for surgery.

Decolonisation

You may be asked to insert an antibiotic/antiseptic nasal cream into your nasal passages prior to your surgery. This is known as decolonisation. Decolonisation is an important process in helping to reduce or eradicate MRSA (Methicillin-resistant Staphylococcus aureus) and/or MSSA (Methicilin-sensitive Staphylococcus aureus).

The nurses at your pre-assessment prior to surgery will advise you on when to use the cream. Please following the instructions below when using the nasal cream

Evening before surgery

1. Wash your hands with soap and water before and after using this medicine.
2. Apply approximately quarter of the ointment from the tube directly into one nostril. Then apply another quarter of the ointment directly into the other nostril.
3. Close your nostrils by pressing the sides of the nose together and then releasing them. Do this over and over again for approximately 1 minute. You may also press the sides of the nose together and gently massage the nose. These will help spread the medicine throughout the inside of the nostrils.

Morning of surgery

1. Repeat steps 1-3.
2. Throw away the tube after use.

Contact

If you have any questions about this information please call 0141 951



