



# 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 that will ensure your skin is correctly prepared and clean before surgery, and 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. Wash your hair using a medicated shampoo, if possible. **Do not use conditioner.**
2. Wet the skin on your face using a new disposable wash cloth, 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.**
3. Wet the skin on your body, ideally in the bath or shower.
4. 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.
5. Leave the solution on the skin for around 3 minutes.
6. Rinse off thoroughly.
7. Repeat steps 2 to 6.
8. After the final rinse, dry yourself with a clean towel. **Do not share this towel with any members of your household.**
9. Put on clean clothes.
10. Where practically possible, please ensure you have clean sheets/duvet covers and pillowcases on your bed.

### Morning of surgery

Repeat steps 2-9 before coming into hospital.

**Please wash your clothing and bedding in the highest possible temperature after you've done the showering process. 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.
- 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 etc on 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 can lead to skin infections and 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.**

## ➤ Contact

If you have any questions about the information in this leaflet, please call 0141 951 4595 or 0141 951 4581.

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