Patient Information
OR39

NHS Golden Jubilee

Preparing your skin before orthopaedic surgery

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Next review: August 2027
Version 2

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 you 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.

Using Octenisan® Nasal Gel

You will also have been given a supply of Octenisan Nasal Gel at your pre-assessment appointment. This is a product that will help to reduce the chance of infection from Methicillin-Sensitive Staphylococcus aureus (MSSA), a common bacterium found on the skin and nose. Please follow the instructions below.

The treatment with Octenisan® takes 5 days. If you are admitted with less than 5 days notice, please do not worry. We will make alternative arrangements to reduce your risk of infection from nasal MSSA. This will be discussed with you on admission.

Instructions for use

- Apply the gel to the inside of both nostrils twice a day for 5 days as per the instructions in the Patient Information Leaflet (PIL) included with the product.
- Following application of the nasal gel to inside of the nostrils, it is important that the outside of the nose is massaged well. You may be able to taste the gel.
- You may wish to use the table provided below to make note of your usage.
- Once you have used the gel, initial the box below to record this.

	Day 1	Day 2	Day 3	Day 4	Day 5
	Date:	Date:	Date:	Date:	Date:
Morning	Initials:	Initials:	Initials:	Initials:	Initials:
Evening	Initials:	Initials:	Initials:	Initials:	Initials:

Contact

If you have any questions about the information in this leaflet, please call 0141 951 4595 or 0141 951 4581. **Please note, if there are any changes to the advice provided above, the orthopaedic department will contact you directly to discuss.**

Notes

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फ़ॉरमेट (आरूप) में भी उपलब्ध हैं।

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ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਰੀਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆੱਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سنے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

reviewed for plain English

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