


Chlorhexidine Skin Cleaning Before Joint Replacement Surgery

When you clean your skin before surgery, you help reduce the chances of getting an infection.

Prepare

- Buy **three (3)** Chlorhexidine Gluconate 4% sponges or liquid wash from a pharmacy.
- Seven (7) days before surgery, stop shaving, clipping, or waxing the hair around the area having surgery (the surgery site). This includes the groin area for hip surgery and armpit for shoulder surgery.

 **Test your skin** to make sure you are not allergic to the Chlorhexidine. Wipe a small area of skin with some Chlorhexidine. Choose an area of skin away from the surgery site.

If you get a rash, **stop using** the Chlorhexidine. Rinse off right away. Instead, follow these instructions using regular soap.

Take 3 showers

Clean your skin following the steps described here while taking a shower:

1. **Two (2) nights before** your surgery
2. The **night before** your surgery
3. The **morning of** your surgery

Before your shower, remove all jewellery including wedding bands and piercings (Don't put them back on until after the surgery).

After your shower, **do not** put any products on your skin (such as deodorant, lotion, make-up, cologne, or perfume).



Steps for cleaning your skin

1. Take these instructions with you into the bathroom so you can refer to them.
2. Use your own shampoo and soap to wash your hair and face. Make sure your hair is washed either the night before or the morning of surgery.
3. Rinse your whole body with water.
4. Step away from the shower spray or move the shower head aside.
5. Wash down your body from neck to feet for two (2) minutes with one (1) Chlorhexidine sponge **-or-** some Chlorhexidine liquid wash.
See how on Page 2
6. After your shower, dress in clean sleepwear. Sleep in clean sheets. Dress in clean clothing to come to the hospital.

Note: Use a new sponge for each shower.



Caution: Chlorhexidine

Do not use on your face, hair, or any broken skin or open wounds.

External use only. **Do not** use inside your private parts.

If you get a rash, **stop** using it, rinse off right away. Show the nurse the rash when you come in for surgery. If you are concerned about your reaction before surgery, see a doctor.

Washing with Chlorhexidine

1. Wet **one (1)** Chlorhexidine sponge and squeeze until you get suds.
Use the sponge side only. Do not use the plastic brush on your skin.

-or-

Put some liquid on a clean wet wash cloth and rub until you get suds.

2. Gently rub the Chlorhexidine back and forth over each body area for 30 seconds in the following order:

① Upper body	right arm	30 seconds
	left arm	30 seconds
	front	30 seconds
	back*	30 seconds

② Legs	right	30 seconds
	left	30 seconds

③ Groin and anal area**	front and back	30 seconds
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* You might need someone to help wash your back.

** Do not use inside your private parts.

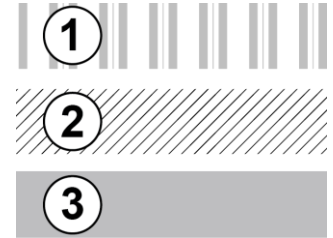
Make sure you clean:

- in your belly button
- under your finger nails
- between your toes

3. Leave Chlorhexidine suds on your skin for at least **two (2) minutes**.
4. Rinse off completely from your neck down to your feet.
5. Use a clean towel to dry off. Start drying yourself from your head down to your toes. Dry your groin and anal area last.

Remember – Do not put any products on your skin after your showers (such as deodorant, lotion, make-up, cologne, or perfume).

Wash in this order



Do not use Chlorhexidine on head, face, or hair

