

# Pre-surgical Hygiene Instructions

## Pre-operative Antimicrobial Treatment

Having a pre-operative body wash with antiseptic soap and applying antibiotic nasal ointment or cream are essential in reducing your risk of a surgical site infection.

**It is recommended that you commence the application of a body wash the day before and day of surgery and a nasal ointment or cream at least 3 – 5 days before your operation (including on the day of surgery).** Instructions on the use of these products are detailed below. Please read these instructions carefully.

## Body Wash

### Chlorhexidine Pre-op Wash 4%

You require this body wash to thoroughly cleanse and disinfect your skin prior to your operation. Chlorhexidine Pre-op Wash helps to reduce the number of bacteria which live on healthy skin.

1. Chlorhexidine Pre-Op Wash 4% (50mL tube) does not require a doctor's prescription and can be purchased from a pharmacy. Please read the information leaflet enclosed with the Chlorhexidine Pre-Op Wash 4%.
2. Do not use if you have a known reaction to Chlorhexidine. If this is the case, contact your surgeon for advice. Do not mix Chlorhexidine with other chemicals or detergents.
3. Wash with the Pre-op Wash the night before and on the morning of the day of your surgery before you come in to the hospital. One tube is to be used for each body wash. Follow the application instructions below.

**Ensure you do not rinse solution from skin for a minimum of 1 MINUTE once applied.**

Steps 1–8 can be achieved by using one entire tube. Discard any unused portion.

#### STEP 1

Wet whole face, body and hair in the shower or bath.

#### STEP 2

Apply a small amount of Pre-Op Wash to wet hair. Lather well and rinse.

#### STEP 3

Apply a small amount of Pre-Op Wash, undiluted, to your face. Pay special attention to the NOSE area. Avoid contact with the eyes (shut lids tightly). Rinse with water.

#### STEP 4

Work down to NECK and ARMS. Pay special attention to the UNDERARMS and NAVEL. Using a sponge can assist.

#### STEP 5

Now cleanse the GENITAL area, BUTTOCKS and anal area with the sponge and Pre-Op Wash.

*Men:* Special attention to penis and beneath the scrotum.

*Women:* Special attention to the skin folds of the vulva.

#### STEP 6

Work down cleansing your THIGHS and LEGS.

#### STEP 7

Rinse your entire body.

#### STEP 8

Now wash your whole body again working down from the face (NOSE), ARMPITS, NAVEL, GENITAL area, ANAL region and BUTTOCKS especially. It is important to consume the entire tube to achieve best results.

#### STEP 9

Rinse your entire body.

#### STEP 10

Dry yourself thoroughly with a freshly laundered towel. Freshly laundered clothes should be worn afterwards.

