



Banner Health®

East Morgan County Hospital

## Surgical Site Infections and Pre-Operative Skin Preparation for Joint Replacement Surgery: What You Can Do

Before surgery, your body needs to be thoroughly cleansed with a special soap. This is because all humans have bacteria and germs that live on their skin. These bacteria normally help us by digesting dead skin cells and other materials found on our bodies, clothing, and furniture. When you have surgery, these bacteria can sometimes cause an infection. You will receive a special soap from your doctor or nurse called Hibiclens (Chlorhexidine Gluconate solution 4.0%). This soap must be used for **three** showers prior to your surgery. ***If you have questions after reading this information, please call 970-842-6214 to speak with a nurse.***

***CAUTION: DO NOT USE HIBICLENS (Chlorhexidine Gluconate 4.0%) ON YOUR HEAD OR FACE. AVOID CONTACT WITH YOUR EYES. (If contact occurs, flush eyes thoroughly with water). DO NOT USE IF YOU ARE ALLERGIC TO CHLORHEXIDINE GLUCONATE OR ANY INACTIVE INGREDIENTS IN THIS SOAP. AVOID USE IN THE GENITAL AREA, AS IRRITATION MAY RESULT. USE YOUR REGULAR SOAP IN THAT AREA.***

### Special Instructions

***DO NOT SHAVE THE SURGICAL AREA!!*** Your nurse will use clippers to remove hair, if needed, at the surgical site. Using a razor to remove your hair before surgery can cause infections because it can leave small cuts on the skin.

The nursing staff at East Morgan County Hospital wishes you a speedy recovery. We thank you for choosing East Morgan County Hospital for your surgical needs. ***If you have questions after reading this information, please call 970-842-6214 to speak with a nurse.***

## The First Shower

*Two Days Before Surgery:* Take a shower and wash your entire body, including your hair and scalp in the following manner:

- Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body. Wash your face with your regular soap or cleanser.
- Using a fresh, clean washcloth and 1/3 of the Hibiclens Soap, wash from your **neck down**. ***This is very important.***
- Rinse your body thoroughly. ***This is very important.***
- Using a fresh, clean towel, dry your body.
- Dress in freshly washed clothes.
- **Do not** use lotions, powders, or creams after this shower.

## The Second Shower

*The Day Before Surgery:* Take a shower and wash your entire body, including your hair and scalp in the following manner:

- Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body. Wash your face with your regular soap or cleanser.
- Using a fresh, clean washcloth and 1/3 of the Hibiclens Soap, wash from your **neck down**. ***This is very important.***
- Rinse your body thoroughly. ***This is very important.***
- Using a fresh, clean towel, dry your body.
- Dress in freshly washed clothes.
- Fresh clean sheets and pillowcases should be used after this shower.
- **Do not** use lotions, powders, or creams after this shower.

## The Final Shower

*The Day of Surgery:* Repeat the shower in the following manner:

- Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body. Wash your face with your regular soap or cleanser.
- Using a fresh, clean washcloth and the remaining 1/3 of the Hibiclens Soap, wash from the **neck down**. ***This is very important.***
- Rinse your body thoroughly. ***This is very important.***
- Using a fresh, clean towel, dry your body.
- Dress warmly with freshly washed clothes. Keeping warm before surgery decreases your risk of developing an infection.
- **Do not** use lotions, powders, creams, hair products, makeup, or deodorant after this shower.