ORTHOINDY

BROWNSBURG · GREENWOOD · NORTHWEST · WESTFIELD
HOSPITALS

Prevention of Surgical Infections

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Surgical site infections can be minor, involving the skin only, but others are more serious and involve parts of the body deep under the skin. These infections can result in you needing additional surgeries and antibiotics for several weeks, which make recovering from surgery more difficult and costly.

Preparing Your Skin for Surgery
The number one cause of infection after a surgical procedure is bacteria (germs) living on the persons own skin. Reducing bacteria from your skin before surgery helps prevent these infections. Studies have shown that applying specific products to the skin removes bacteria and lowers the risk of infection at the surgical site.
- Chlorhexidine gluconate (CHG) is a product that is often used to cleanse the skin before surgery. CHG adheres to the skin which kills and reduces the amount of bacteria on your skin for several hours. Applying CHG the night before and the day of surgery provides two layers of protection. **If you are allergic to CHG please let your healthcare provider know.**
- Povidone iodine nasal antiseptic is a product that reduces bacteria in the nose for at least 12 hours after it is applied. If you are allergic to iodine or shellfish, please let your healthcare provider know.

The Night Before Surgery
Bathe/shower with 4% Chlorhexidine Gluconate (CHG) the night before surgery. Hibiclens is a brand name for a soap that contains 4% CHG. You can get CHG at most large pharmacies. Please follow these instructions for cleaning your skin using CHG:
1. In the shower or tub, wash your body with regular soap and water first. Wash your hair as usual with your normal shampoo.
2. Do **NOT** shave 24 hours before surgery as CHG can irritate freshly shaved skin.
3. Rinse the hair and body thoroughly to remove soap and shampoo residue.
4. Turn the water off to prevent rinsing off the CHG too soon.
5. Using a clean washcloth or your hands, apply the CHG to your body from the neck down, paying special attention to the area where the surgery or procedure will be done. Do **NOT** use CHG above the neck or in the genital area. Do **NOT** use CHG near the eyes or ears to avoid permanent injury to those areas. Do **NOT** scrub the skin too hard.
6. Allow the CHG to remain on your skin for 1 minute.
7. Do **NOT** wash with regular soap after the CHG is used.
8. Turn the water back on and rinse the body thoroughly.
9. Pat dry with a clean, soft towel.
10. Do **NOT** put lotion, powder, oil, deodorant, make-up or any other product on your skin after bathing.
11. Dress in clean pajamas or night clothes and sleep on clean sheets.
12. Dress in clean clothes the next day to come to the hospital.

The Day of Surgery

- Do **NOT** shower or bathe on the day of surgery. Washing with regular soap after applying CHG could reduce the product's ability to kill bacteria.
- You may wash your face and hands as you normally would.
- Do **NOT** put lotion, powder, oil, deodorant, make-up or any other product on your skin.
- After arriving to the hospital pre-operative area, staff will help prepare you for surgery.
- You will be asked to remove your clothing and apply CHG using special wipes that will be provided by hospital staff.
- You will use these wipes to apply the CHG from your chin down to your toes, covering all areas of your body, except your head, face and private areas.
- Staff will assist you with any area that is difficult to reach.
- Allow your skin to air dry and then put your hospital gown on.
- Hospital staff will provide you with the povidone iodine nasal antiseptic product and instruct you on how to apply it. You will need to apply the antiseptic to the inside of your nose. The antiseptic is brown in color and you may notice a discoloration while blowing your nose for several days after.

If you would like more information on how to prevent
surgical site infections, please visit the website below:

Centers for Disease Control and Prevention:
www.cdc.gov/surgical-site-infections/about/?CDC_AAref_Val=https://www.cdc.gov/hai/ssi/ssi.html