

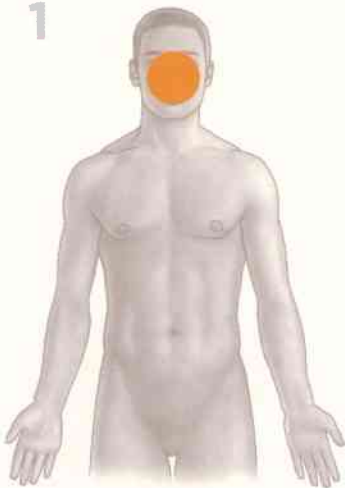
PREOPERATIVE SKIN PREPARATION PROCEDURE

Follow the five steps below to ensure your skin is thoroughly disinfected before surgery. Use the Chlorhexidine (Bioscrub) liquid soap provided.

These steps should be followed twice:

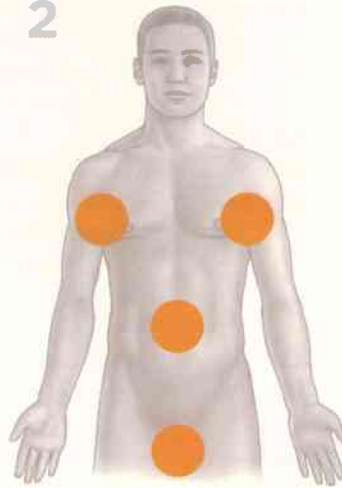
- On the night before surgery and
- On the day of surgery

1



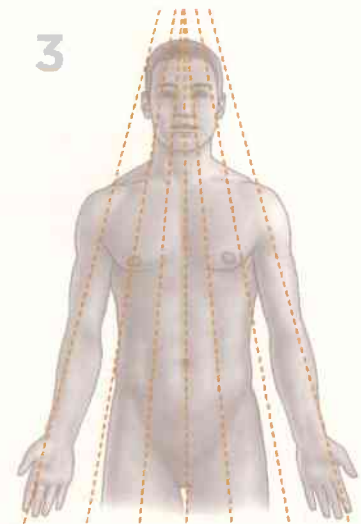
Wet your face and wash with undiluted soap, especially around the nose. Take care to avoid your eyes and ears.

2



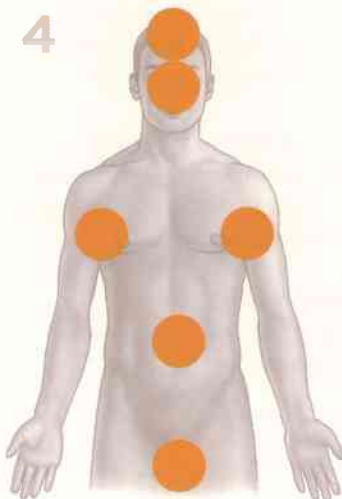
Wet your body, then use your hands or a single-use washcloth to wash your body. Always work downwards. Pay special attention to your armpits, skinfolds, groin, buttocks and anal area.

3



When you've washed all areas, rinse thoroughly under running water.

4



Repeat the previous steps, but this time start with your hair, and then work downwards from your head to your feet.

5



Rinse thoroughly under running water. Dry yourself with a clean towel and put on clean clothes.

IMPORTANT TIPS

- Avoid contact with eyes and ears.
- Discontinue use if skin irritation occurs.
- Wear clean pyjamas and sleep on clean linen the night before surgery.

Read more on the back.

REDUCING THE AMOUNT OF BACTERIA ON THE SKIN BEFORE A SURGICAL PROCEDURE IS A SIMPLE AND EFFECTIVE WAY TO REDUCE INFECTION AFTER SURGERY.

SKIN PREPARATION AND HAIR REMOVAL PROCEDURE

An important part of planning for surgery is the preparation of your skin, particularly the area where an incision will be made.

SKIN PREPARATION BEFORE SURGERY

- Bacteria which live naturally on our skin can be a primary source of infection if they enter the surgical site (area where an opening is made in the skin) or are present in large numbers near the wound.
- The aim of this skin preparation procedure is to reduce the amount of bacteria on your skin, especially at the site of the planned surgery, and to subsequently reduce the risk of infection.
- We recommend the use of Chlorhexidine liquid soap (Bioscrub). It is an antiseptic which kills bacteria and also helps prevent its multiplication.
- **Ideally the whole body wash procedure should be carried out twice, the night before surgery and on the day of surgery.** The soap has a protective layering effect which maximises its effectiveness with every use.
- Even if the wash procedure can only be carried out once before surgery, it can still have a significant impact on reducing the amount of bacteria on the skin.

The following procedure should be used for your pre-surgical wash (also see the step-by-step graphics on the front of this page):

- Wet your face and body in the shower.
- Use the soap to wash your face (especially around the nose). Avoid contact with the eyes and ears.
- Wash the rest of your body paying special attention to armpits, skinfolds, groin, buttocks and anal area.
- After washing all these important areas, rinse off under the shower.

- Repeat the steps, but this time start with your hair and then work your way down your body.
- Rinse off the soap.
- Dry yourself thoroughly with a clean towel and dress in clean clothes.

Keep the following in mind:

- Bathing is not recommended as bacteria need to be washed off the skin. This is more effectively done in a shower. If one is not available, try to rinse with running water.
- Your towel, clothing (including pyjamas worn the night before the procedure) and bed linen must be clean so that organisms are not re-introduced to the skin.
- Please take care not to use this product near your eyes or ears. Discontinue use immediately should you experience any skin irritation.
- Avoid use if you are allergic to any of the ingredients.

HAIR REMOVAL BEFORE SURGICAL PROCEDURE

- In the week prior to surgery you should not shave, wax, or remove hair with depilatory products in the vicinity of the planned surgery.
- Shaving causes small, often unseen cuts and abrasions on the skin surface which act as entry sites for bacteria. Depilatory products can cause skin irritation.
- Hair is only removed if it will interfere with the surgical procedure. It will be removed as close as possible to the time of surgery, in hospital, using clippers with a single-use disposable head.

We hope you have a speedy recovery

Please contact the hospital should you have any questions about the skin preparation process.

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