

Full Body Surgical Prep Instructions – Pre-Op/Day of Surgery

SKIN PREPARATION BEFORE SURGERY

Preparing the skin before surgery can reduce the risk of infection at the surgical site. To make the process easier, we are providing you with disposable cloths moistened with a rinse-free sterile cleansing cloth with antiseptic solution. The steps below outline the process and should be carefully followed. You may need a family member to assist you.

You should not shave the site or area near the planned surgery site for at least 7 days before surgery. The day before surgery you should make your bed with clean sheets.

The night before surgery: Shower using a clean washcloth and towel. Wash and rinse your hair as usual. Wait 2 hours after your bath, then open the sterile cleansing cloth package as shown below



BODY CLEANSING

Sterile Antiseptic Cleansing Cloths

Directions:

- There are two cloths per package.
- Lift the flap and tear the end of the package to open. Remove sterile cloths.
- Do not let the solution from the cloth get in eyes, ears, or mouth.
- Wipe body in back and forth motion using all six (6)

cloths in the packages. Use each cloth for 30 seconds while scrubbing the skin gently. (Do not dispose of these cloths in the toilet)

- Allow area to air dry. Do not rinse. It is normal for the skin to have a “sticky” feel for several minutes after the antiseptic solution is applied.

Important information:

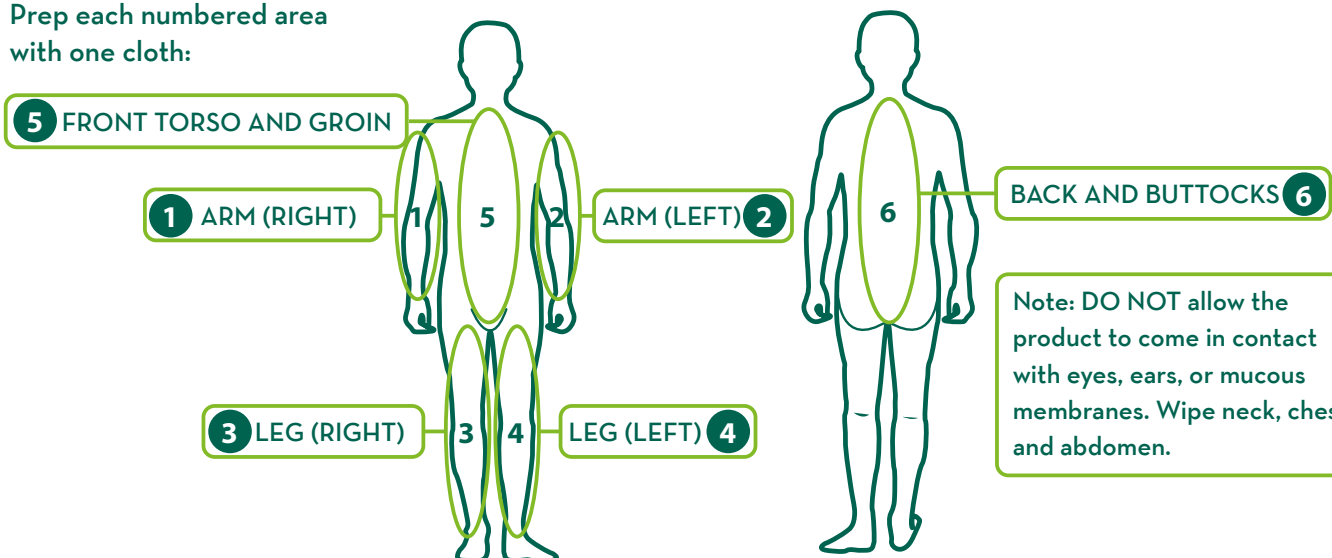
- Be sure the skin is completely dry and cool.
- Do not rinse the antiseptic solution off.
- Do not use other products such as lotion.

- The antiseptic solution may cause itching and/or redness for a short time in people with sensitive skin.

If itching or redness persists, rinse affected areas and stop using.

St. Joseph’s/Candler is committed to patient safety. The sterile cloth program is provided free of charge to our patients as part of our ongoing efforts to always follow best practices and recommended guidelines to reduce or prevent surgical infections.

Prep each numbered area with one cloth:



Note: DO NOT allow the product to come in contact with eyes, ears, or mucous membranes. Wipe neck, chest, and abdomen.

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FREQUENTLY ASKED QUESTIONS

Why do I have to wipe down with sterile antiseptic cloths?

A patient's own bacterial flora is the #1 cause for a Surgical Site Infection (SSI). Evidence shows that "early prepping" with a sterile cloth can reduce this bacterial count and lessening a patient's risk for SSI. Early Prepping with a sterile antiseptic cloth is also recommended by the Centers for Disease Control & Prevention (CDC), Association of PeriOperative Registered Nurses (AORN), and the Institute for Healthcare Improvement (IHI).

Is the feeling on my skin normal?

Yes. This sterile cloth is a topical antiseptic that has persistent properties. Unlike alcohol (which evaporates), the cloth solution produces a covalent bond to the bacterial layer of your skin. The product will remain "sticky" or "tacky" for 3-5 minutes while it dries. Afterward, patients often experience a residual feeling of the cloth solution on the skin.

What happens if I get a visual rash?

If a visible rash occurs, remove the solution with a cool, damp washcloth. Only about 1% of patients are actually allergic to the antiseptic solution.

Why do I have to wait 1-2 hours after a shower, to use the cloths?

Because a portion of the solution is an active ingredient, it can cause irritation if it gets into the pores of the skin. A hot shower/bath will open skin pores. Therefore it is important to allow the skin to become cool and dry before applying the cloths.

What is "CHG"?

Chlorhexidine Gluconate is the topical antiseptic solution on the cloth similar to alcohol but with persistent properties. It has been widely used in the healthcare industry for decades.

Why can't I take a shower/bath the morning of surgery?

In order to achieve maximum effect of the antiseptic solution, it must not be washed off. The solution also builds upon itself and creates additional protection for the patient.

Should I scrub with the cloths?

No. Friction from scrubbing can create heat and open skin pores which made lead to irritation. Use each cloth as directed in a gentle fashion similar to painting or coating.

ADDITIONAL QUESTIONS?

Contact your Pre Admission Testing Office or call:

St. Joseph's Hospital Outpatient Surgery 912-819-2100 or Prescreening 912-819-4599

Candler Hospital Outpatient Surgery 912-819-8100 or Prescreening 912-819-6757

Pooler Outpatient Surgery 912-737-2236 or Prescreening 912-737-2237 and 912-737-2238