



SKIN PREPARATION GUIDELINES

Preparing Your Skin for Surgery and Preventing Infection

Preventing infection is a team effort and you are an important part of the team. Follow these steps before and after your surgery for healthy healing. If you have questions call the Surgery Center pre-operative registration nursing office at 262-303-5004. If you are sent to voicemail, please leave a message and a nurse will return your call as soon as possible.

Before Surgery

Step 1: Get the free Chlorohexadine Gluconate soap (called CHG soap for short)

from the surgeon's office at the Orthopaedic Associates of Wisconsin clinic or The Orthopaedic Surgery Center, location and hours listed below:

Pewaukee Clinic Front Desk

Monday - Thursday: 8:00 AM - 6:00 PM
Friday: 8:00 AM - 5:00 PM
Saturday: 9:00 AM - 12:00 PM

Surgery Center Front Desk

Monday - Friday : 6:00 AM - 6:00 PM

Brookfield Clinic Front Desk

Monday - Thursday: 8:00 AM - 5:00 PM
Friday: 8:00 AM - 4:00 PM

Mukwonago Clinic Front Desk

Monday - Thursday: 8:00 AM - 4:00 PM
Friday: 8:00 AM - 12:00 PM

Step 2: Prepare for Shower/Bathing with the CHG soap

Showering the evening before and the day of surgery just before coming to the surgery center, is the best way to remove germs and prepare the skin for surgery. If you are unable to shower, a good sponge bath can be done. You will use both regular soap and CHG soap. CHG kills germs on your skin for a longer period of time, which helps prevent infection.

What you will need for your shower/bath:

- Regular soap and shampoo
- CHG soap
- Just washed washcloth
- Just washed towels
- Just washed clothing, pajamas and bedding

Please note: you should NOT shave near your surgical area for at least 3 days before surgery. Even a slight nick or cut could cause your surgery to be postponed. If needed, the hospital staff will clip any hair right before surgery.



SKIN PREPARATION GUIDELINES

Step 3: Complete the 'Evening before surgery' shower/bath

1. Shower as you normally would, washing from head to toe with shampoo and soap. Rinse completely.
2. Turn off water.
3. Wet a just washed washcloth, and then apply the CHG soap.
4. Massage the CHG soap over the body from your neck, down. Avoid head/face, genitals, rectum and open wounds. *
5. Add more CHG soap and continuing washing until the whole bottle of soap is gone.
6. Wait 2 minutes to allow the CHG soap to work, then turn water on and lightly rinse your body.
7. Dry yourself with a just washed towel.
8. Do NOT apply any lotion, deodorant, powder or perfume.
9. Sleep in just washed pajamas and sheets that have been just washed. Avoid sleeping with pets.

Although rare, serious allergic reactions to CHG soap are possible. If you experience signs of an allergic reaction such as a rash, hives, swelling of the face, or difficulty breathing, stop using the soap and seek immediate medical attention (call 911).

Step 4: Complete the 'Day of Surgery' shower/bath:

- Just before coming to the surgery center, you will need to shower again.
- Repeat only steps 3-8 from above, using the second bottle of CHG soap.
- Dress in clothes that have just been washed.
- Leave all jewelry (necklaces, rings, watches, earrings, etc.) at home.

After Surgery

- Keep your surgical site clean and dry.
- Check your incision every day. It should not have redness, swelling or be warm to the touch. Let your doctor know if these are present.
- Wash your hands before and after you touch your dressing and incision.
- Follow your doctors' instructions for when and how to shower and clean your incision.
- Do not soak the incision in a bathtub, swimming pool, or hot tub until the site is completely healed and the doctor says it is safe to do so.
- Do not use lotions, powders, perfumes, or colognes on or near the incision.
- Do not let family, friends, or pets touch your incision.
- Wear clean, loose fitting clothing and sleep in clean sheets.