

Lowering Your Risk for a Surgical Infection

Many hospitals are starting a new program to reduce the risk of infection after surgery. An antiseptic solution reduces the bacteria on your skin.

Preparing your Skin:

- This hospital, along with your doctor, advises cloths moistened with Chlorhexidine Gluconate (CHG) antiseptic solution. This skin cleaning is done the night before surgery and again on the day of surgery.
- If you are going to be at home the night before surgery, you should buy **one package of SAGE Antiseptic Body Cleanser (2% Chlorhexidine Gluconate)** to perform this important step.
- You can buy the antiseptic body cleanser from:
 - **Shoppers Drug Mart:** 2730 Oak Street, Main floor of Diamond Health Centre, 604-714-1199
 - **Macdonald's Prescriptions:** 943 West Broadway, 604-734-4311
(For a delivery charge, they will deliver the Sage wipes anywhere within BC)
- On the day of surgery, in the hospital, the nurse will give you another package.

NOTE: Read all of these instructions before starting.

Preparing your skin the night before surgery:

- Do not use a razor blade to shave any area of the body, including the legs and underarms, for 2 days before surgery. You may continue to use an **electric** razor.
- The evening before surgery, if you are able, shower, bathe and shampoo your hair. **WAIT at least one hour after showering or bathing**, before preparing the skin with **SAGE**.
- Prepare the skin (approximately 7:00 pm) using one package of **SAGE** cleansing wipes.
- Use one cloth to prepare each area of the body. Wipe each area thoroughly in a back and forth motion. **Use all 6 cloths** in the package following the order shown in steps 1 through 6 in the picture on the back of this page.
- Do not allow this product to contact your eyes, ears, mouth, any inner "private areas" or penis. Do not apply to broken skin or open wounds. **If irritation develops, discontinue use.**
- Allow area to air dry for one minute. Do not rinse or towel off. It is normal for the skin to have a "tacky" feel for several minutes. Dress in clean clothes/sleepwear.
- Throw all cleaning cloths in the garbage. **Do not flush in the toilet.**
- **Do not** apply any lotions, moisturizers or makeup after preparing your skin.
- **Do not** shower or wash after preparing your skin the night before surgery.

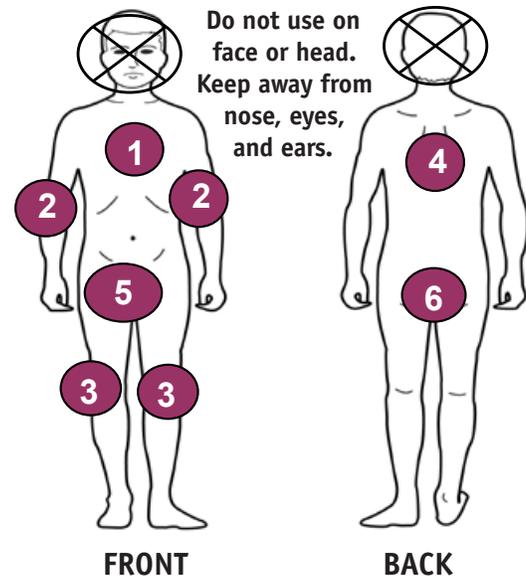
Vancouver General Hospital
Emergency Department
Jim Pattison Pavilion, Ground Floor
920 W. 10th Avenue, Vancouver, BC

UBC Hospital
Urgent Care Centre
Koerner Pavilion
2211 Wesbrook Mall, Vancouver, BC

To open the package: Peel off the label on the top of the package.

Use one cloth to clean each area of the body in the following order:

1. Wipe your **neck, chest and abdomen**.
2. Wipe **both arms**, starting with the shoulder and ending at the fingertips. Be sure to wipe the armpits thoroughly.
3. Wipe **both legs**, starting at the thigh and ending at the toes. Be sure to wipe behind your knees thoroughly.
4. Wipe your **back** starting at the base of your neck to your waistline. You may need help.
5. Wipe your **right and left hip** followed by your groin. Wipe the outside folds in the **groin** area. **Do not** wipe inner private areas (labia, vagina, urethra, or penis).
6. Wipe the **buttocks**.



For more information on this nasal treatment please go to:
<http://www.sageproductsglobal.com/en/abc.cfm>

For VGH Patients Only

Preparing your Nose

MRSAid™ is a photodisinfection treatment used before your surgery to get rid of the germs that live in your nose. This treatment, along with the Sage body wipes is used to help reduce your risk of getting a wound infection after your surgery.

The treatment is done using a swab with a special blue liquid on it that will be wiped all around the inside of your nose. This blue liquid attaches to the germs in your nose. When we put in the laser tips and turn on the laser light, the blue liquid undergoes a chemical reaction. This reaction causes the cell walls of the germs in your nose to break down, and the germs die. It does not hurt the surrounding tissue in your nose. The treatment does not cause pain and is completed in about 5 minutes. During the swabbing, it may cause you to feel the need to sneeze or it may tickle, and you may feel a sense of warmth when the laser light is in your nose.

For more copies, go online at <http://vch.eduhealth.ca>
or email phem@vch.ca and quote Catalogue No. **ED.100.P741**
© Vancouver Coastal Health, August 2013

The information in this document is intended solely for the person
to whom it was given by the health care team.
www.vch.ca