

Preparing for Your Surgery



There are many steps that are taken to minimize your risk of infection after surgery. These include things that you can do at home before your surgical date to lower your risk of infection.

Some sources of infection come from bacteria that normally live on your skin and are present even after routine bathing. These can be treated by bathing with a **Hibiclens**, chlorhexidine gluconate, wash that can clear these resistant bacteria for a period of time after washing.

Therefore, we ask *ALL* of our patients to wash with the **Hibiclens** wash at least on *the night before surgery and the morning of surgery*. Do not shave the area where you are to have surgery. After washing and rinsing your hair and face with your usual products, turn off the water to prevent rinsing the **Hibiclens** wash. Apply the **Hibiclens** to your whole body from the neck down paying special attention to the area where your surgery will be performed. You will need to wash for a full 5 minutes before rinsing the wash off your body. Do not wash your body with soap after the **Hibiclens**. Do not apply any powders or deodorants the night before or the morning of surgery.

We may ask you to wash with the **Hibiclens** everyday for the 5 days before surgery in place of your normal soap if your pre-admission nasal screening culture shows a form of Staphylococcal bacteria. These bacteria are not usually a problem, but may increase your risk of infection when having surgery. If your nasal screening suggests that you are at risk, you will also be provided with a prescription for a topical nasal ointment called **mupirocin**.

This nasal ointment **mupirocin** will need to be used *twice daily, every morning and evening, for the 5 days before surgery*. It is applied by placing a small amount of ointment on a cotton tip swab (about the size of a pea). The cotton swab is then placed gently inside the nostril and spread around in a circular motion. Be careful not to touch your eyes and wash your hands immediately after using the ointment.

Thank you for your cooperation.

