

# 术前备皮

## Getting Your Skin Ready for Surgery

You are scheduled to have surgery. To decrease your risk of infection, you will need to get your skin as free of germs as possible. You can reduce the number of germs on your skin by carefully washing with a special soap called **chlorhexidine gluconate (CHG)** before surgery.

### Follow These Instructions

- **You may be given or you will need to buy CHG soap or foam.** You will need an 8-ounce (236 mL) bottle. The soap is sold under the brand name **Hibiclens**, or there may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies.
- **Do not shave the site** where your doctor will be making the cut for your surgery for **one week before surgery.**
- **You need to shower with CHG soap or foam two times before your surgery:**
  - The night before your surgery
  - Again, the morning of your surgery
- **Use 4 ounces (½ cup or 118 mL) of CHG soap or 4 to 5 pumps of CHG foam each time you shower.**

### How to Shower with CHG Soap or Foam

1. Start by washing your hair with your normal shampoo and wash your body with regular soap. Rinse your hair and body well to remove any shampoo or soap that might be on your skin.

已为您安排手术。为降低感染的风险，皮肤应尽可能无菌。可在术前用一种名为**葡萄糖酸洗必泰 (CHG)** 的特殊肥皂仔细擦拭身体，减少皮肤上的细菌数量。

### 遵循本说明

- 您可能获得免费或需自行购买 **CHG 肥皂或泡沫剂**。您需要 8 盎司 (236 毫升) 瓶装的用量。肥皂以 **Hibiclens** 品牌出售，某些药店可能会销售价格更便宜的自配肥皂。询问药剂师它在药店中的摆放位置。它通常与急救用品摆放在一起。
- **手术前一周，请勿刮擦**将要进行手术切口的部位。
- **手术前，您需要用 CHG 肥皂或泡沫剂清洗两次：**
  - 手术前一晚
  - 以及手术当天早上
- **每次淋浴时，使用 4 盎司 (½ 杯或 118 毫升) CHG 肥皂或 4 至 5 泵 CHG 泡沫剂。**

### 如何用 CHG 肥皂或泡沫剂淋浴

1. 首先以普通洗发水洗头，然后以普通肥皂洗净身体。充分冲洗头发和身体，尽可能去除皮肤上的洗发水或肥皂残留。

2. Wet a clean washcloth. Turn off the shower.
3. Apply some CHG soap or foam to the wet washcloth.
4. Use the washcloth to wash your whole body **from the neck down only**. Do not use CHG soap or foam on your face and be careful not to get it in your eyes, nose, mouth or ears.
  - CHG soap does not lather well.
  - **Keep adding more CHG to the washcloth and continue to wash for 5 minutes.** Use 4 ounces ( $\frac{1}{2}$  cup or 118 mL) of CHG soap or 4 to 5 pumps of CHG foam each time you shower.
  - Pay special attention to the part of your body where the surgery will be done.
  - Be sure to wash the back of your neck and under your arms. Wash your belly button, groin and legs down to your toes.
  - Do not scrub too hard.
5. Turn on the shower and rinse your whole body well. **Do not** wash with regular soap after you have used CHG soap or foam.
6. Pat yourself dry with a clean towel.
7. Put on clean clothes.

**Be sure to take a second shower with CHG soap or foam the morning of your surgery.** When you finish showering on the morning of surgery, **do not** use any powders, deodorants, lotions, make-up, hairspray or other products.

2. 将干净的毛巾打湿。关掉花洒。
3. 在湿毛巾上抹一些 CHG 肥皂或泡沫剂。
4. 用毛巾擦拭全身，但只能从颈部向下涂抹。请勿在脸上涂抹 CHG 肥皂或泡沫剂，并注意切勿使其进入眼、鼻、口或耳。
  - CHG 肥皂的泡沫很少。
  - **继续在毛巾上倒入更多 CHG，继续擦拭 5 分钟。**每次淋浴时，使用 4 盎司（ $\frac{1}{2}$  杯或 118 毫升）CHG 肥皂或 4 至 5 泵 CHG 泡沫剂。
  - 特别注意将要进行手术的身体部位。
  - 务必擦拭颈后和腋下部位。擦拭肚脐、腹股沟和双腿，直到脚尖。
  - 切勿用力擦洗。
5. 打开花洒，彻底冲洗全身。使用 CHG 肥皂或泡沫剂后，**请勿**再使用普通肥皂。
6. 用干净的毛巾擦干身体。
7. 穿上干净衣服。

**手术当天早上，请务必用 CHG 肥皂或泡沫剂进行二次淋浴。**在手术当天早上完成淋浴后，**请勿**使用任何爽身粉、除臭剂、乳液、化妆品、发胶或其他产品。

## If you are having surgery on your scalp:

Your doctor may ask you to wash your hair with CHG soap or foam each time you shower. Wash your hair as marked:

- ❑ **Wash your hair with CHG soap or foam each time you shower.** First, wash your hair with regular shampoo and rinse it well with water. Then, put a large amount of CHG into your palm and work it through your hair and scalp. It will not lather like shampoo. Keep the CHG soap or foam away from your eyes and ears. Rinse with clean water. If you get the CHG soap or foam in your eyes or ears, rinse them well.
- ❑ **Do not wash your hair with CHG soap or foam each time you shower.** Shower and wash with the CHG soap or foam from the neck down only.

## If you are not able to shower:

If you do not have a shower or you are not able to get into a shower, do a sponge bath each time to clean your body. Do not use CHG soap or foam on your hair unless you are told to do so by your doctor.

How to take a sponge bath:

1. First, bathe with a clean washcloth, water and regular soap. Rinse well with clean water.
2. Then, get a clean washcloth and wet it with clean water.
3. Apply some CHG soap or foam to the wet washcloth.
4. Use the washcloth to wash your whole body from the neck down. Keep adding more CHG and continue to wash for 5 minutes.

## 如果在头皮进行手术：

医生可能会要求您在每次淋浴时用 CHG 肥皂或泡沫剂洗头。请按照以下步骤洗头：

- ❑ **每次淋浴时，用 CHG 肥皂或泡沫剂洗头。** 首先用常规洗发水洗头，用水冲洗干净。然后在掌心倒入大量 CHG，涂抹在头发和头皮上。它不会像洗发水那样起泡。不要让 CHG 肥皂或泡沫接触您的双眼和双耳。用清水冲洗。如果您的双眼或双耳中进入 CHG 肥皂或泡沫，请充分冲洗。
- ❑ **每次淋浴时，请勿使用 CHG 肥皂或泡沫剂洗头。** 淋浴，然后用 CHG 肥皂或泡沫剂从颈部向下擦拭身体。

## 如果您无法淋浴：

如果您无淋浴设施或无法淋浴，每次用海绵清洗身体。除非医生同意，否则请勿在头发上使用 CHG 肥皂或泡沫剂。

如何用海绵清洗：

1. 首先用干净的毛巾、水和普通肥皂沐浴。用清水彻底冲洗。
2. 然后取一块干净的毛巾，用清水弄湿。
3. 在湿毛巾上抹一些 CHG 肥皂或泡沫剂。
4. 用毛巾从颈部向下擦拭全身。继续添加更多的 CHG，继续擦拭 5 分钟。

5. Rinse well with another clean washcloth and clean water.
  6. Pat yourself dry with a clean towel.
  7. Put on clean clothes.
5. 用另一块干净的毛巾和清水冲洗干净。
  6. 用干净的毛巾擦干身体。
  7. 穿上干净衣服。

**If you have any questions about cleaning your skin, call your doctor's office.**

**如果您对清洁皮肤还有任何疑问，请致电医生办公室。**