

## **Patient Information: Pre-Operative Infection Prevention Measures**

### **Why did I have my nose, under my arms and groin swabbed?**

The purpose of the swab is to identify *Staphylococcus aureus* inside your nose or on your skin. The swab was sent to the laboratory for culture. A positive swab/culture for *Staphylococcus aureus* is called colonization or carriage.

### **What is *Staphylococcus aureus*?**

*Staphylococcus aureus*, also known as “staph”, is a germ found on the skin or in the nose of healthy people. Sometimes *Staphylococcus aureus* can get into the body and cause an infection. This can be minor (such as pimples, boils or other skin problems). It might also be serious (such as blood infection, pneumonia or a surgical site infection).

### **What is *Staphylococcus aureus* colonization or carriage?**

Colonization or carriage means that a person has the germ but is not sick from it. These bacteria can be spread on the hands or when breathing or sneezing.

### **How is *Staphylococcus aureus* spread?**

It is most often spread by close contact with a person or item that carries it.

### **What happens if my culture is positive for *Staphylococcus aureus*?**

Your doctor/medical team will use this information to guide any antibiotic treatment which may be necessary. Regardless of the culture results, we will clean the inside of your nose with a betadine swab just before you have your surgery.

### **Will I get an infection if I have *Staphylococcus aureus* in my nose or on my skin?**

Anyone can get an infection with *Staphylococcus aureus*. However, the best way to reduce your risk of infection is to follow the instructions provided to you for the use of your CHG soap and dental rinse.

### **Who should I contact if I have any questions?**

Call the Preadmission Testing Office at the facility where you will be having your surgery if you have any questions.

## **Patient Information: Home Preoperative Antibacterial Shower**

### **What is a home preoperative antibacterial shower?**

This shower is a way of cleaning the skin with a germ killing solution before surgery. The solution contains chlorhexidine, commonly known as CHG. CHG is a skin cleanser with germ killing ability. Let your doctor know if you are allergic to chlorhexidine.

### **Why do I need to take a preoperative antibacterial shower?**

Skin is not sterile. It is best to try to make your skin as free of germs as possible before surgery. Proper cleansing with a germ killing soap before surgery can lower the number of germs on your skin. This helps to reduce the risk of infection at the surgical site. Following the instructions listed below will help you prepare your skin for surgery.

### **How do I use the solution?**

**Steps:** Begin using your CHG soap five days before your scheduled surgery.

- First, wash and rinse your hair using the CHG soap. Keep CHG soap away from ear canals and eyes. Rinse completely, do not condition. Hair extensions should be removed.
- Wash your face with your normal soap and rinse.
- Apply the CHG solution to a clean wet washcloth. Turn the water off or move away from the water spray to avoid premature rinsing of the CHG soap as you are applying. Firmly lather your entire body from the neck down. Do not use on your face.
- Pay special attention to the area(s) where your incision(s) will be located unless they are on your face. Avoid scrubbing your skin too hard. The important point is to have the CHG soap sit on your skin for **3** minutes.
- When the 3 minutes are up, turn on the water and rinse the CHG solution off your body completely.
- DO NOT wash with regular soap after you have used the CHG soap solution
- Pat yourself dry with a clean, freshly-laundered towel.
- DO NOT apply powders, deodorants or lotions.
- Dress in clean, freshly laundered night clothes.
- Be sure to sleep with clean, freshly laundered sheets.
- Be aware that CHG will cause stains on fabrics; if you wash them with bleach after use. Rinse your washcloth and other linens that have contact with CHG completely. Use only non-chlorine detergents to launder the items used.
- The morning of surgery is the fifth day. Repeat the above steps and dress in clean comfortable clothing

### **Who should I contact if I have any questions regarding the use of CHG soap?**

Call the Preadmission Testing Office at the facility where you will be having your surgery if you have any questions

## Patient Information: **Oral/Dental Rinse**

### **What is oral/dental rinse?**

It is a mouthwash. It is a way of cleaning the mouth with a germ killing solution before your surgery. The solution contains chlorhexidine, commonly known as CHG. It is used inside the mouth to kill a bacteria known as *Staphylococcus aureus*. Let your doctor know if you are allergic to Chlorhexidine.

### **Why do I need to use CHG oral/dental rinse?**

The CHG oral/dental rinse helps to kill a bacteria in your mouth known as *Staphylococcus aureus*. This reduces the risk of infection at the surgical site.

### **Using your CHG oral/dental rinse**

#### **STEPS:**

Use your CHG oral/dental rinse after you brush your teeth the **night** before (at bedtime) and the **morning** of your surgery. Follow all directions on your prescription label.

- Use the cap on the container to measure 15ml (fill cap to fill line)
- Swish (gargle if you can) the mouthwash in your mouth for at least 30 seconds, (do not to swallow) spit out
- After you use your CHG rinse, do not rinse your mouth with water, drink or eat. Please refer to prescription label for the appropriate time to resume oral intake

### **What side effects might I have using the CHG oral/dental rinse?**

CHG rinse will stick to plaque on the teeth. Brush and floss **just before** use. Teeth brushing will help avoid staining of plaque during use.

### **Who should I contact if I have questions about the CHG oral/dental rinse?**

Call the Preadmission Testing Office at the facility where you will be having your surgery if you have any questions.



## Patient Information: **Pre-Operative Fasting Guidelines**

### **Why must I stop eating and drinking near surgery time?**

- With sedation, food or liquid in your stomach can enter your lungs causing serious complications
- Increases nausea and vomiting

### **When do I need to stop eating and drinking before my surgery?**

- Do not eat any food after midnight the night before your surgery/procedure
- You may have water only up to **TWO** hours before your surgery/procedure

### **What do I need to do if I am diabetic?**

- Check your blood sugar upon waking up on the morning of surgery
- **IF** blood sugar is less than 80, drink **THREE** ounces of **apple juice** no later than **TWO** hours prior to arrival at the hospital

### **Who should I contact if I have any questions?**

Call the Preadmission Testing Office at the facility where you will be having your surgery if you have any questions.