

Prepare for your surgery

SURGERY PREP KIT

Products of United States (US) and China (CN)

- 1 CHG Solution Bottle* (US)
- 2 Shower Mitts* (CN)
- 1 Shower Card (US)
- 1 Patient Education Booklet (US)

* Do Not Flush Shower Mitts. Slip Hazard -CHG Soap-Slippy When Wet

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What You Should Know Before You Go

All of us at Providence want your surgical procedure and recovery to be as successful and comfortable as possible. You can help make the process go better. Preparing your skin before surgery is the first step you can take towards a smooth recovery following your surgery. The enclosed tools and instructions will help you prepare at home for your surgical experience.

For more information, please visit: <http://providence.org/perioperativekit>

Pre-Surgery Checklist

5 Days or More Before

- If you have any questions about the information in this kit, please ask your surgeon.
- Arrange for your transport to/from the hospital.
- Confirm you have a responsible person to accompany you home and remain with you for 24 hours.
- If you have diabetes and have not received instructions from your surgeon, please contact them.

1 Day Before

- Shower at night with CHG solution by following the steps on your shower card. If you received other instructions on bathing, please follow those.
- Important Reminders:
 - Do not use lotion, cream, powder, deodorant, or hair conditioner after shower.
 - CHG is safe to use on minor wounds, rashes, and over staples and stitches.

Morning of Surgery

- Repeat your pre-operative shower in the morning with CHG solution by following steps on your shower card. Make sure to wash your hands thoroughly.
- Please be sure to follow the instructions on eating or drinking provided by your care team.
- Follow surgeon instruction on all prescriptions.
- Wear clean and comfortable, loose-fitting clothing.
- Take off all jewelry, including body piercing.
- Do NOT wear contact lenses. Wear glasses instead.
- Bring insurance cards, photo ID, or driver's license.
- Bring a list of ALL medications.
- Do NOT bring valuables, e.g. credit cards, jewelry, money, checkbook. When you arrive at your surgery location, you will need to register. When it is time for your surgery, you will be taken to a pre-operative area to prepare you for surgery.
- Before entering the OR, you will need to remove your hearing aids, dentures, prosthetic devices, wig, and religious articles. After your surgery you will be taken to a post-operative area for recovery.



Surgical Site Infections

A Surgical Site Infection (SSI) is an infection patients can get during or after surgery. SSIs happen on any part of the body where surgery takes place. It can sometimes be infections involving the skin only. Other surgical site infections are more serious and can involve tissues under the skin, organs, or implanted material. These infections can make recovery from surgery more difficult because they can cause additional illness, stress, and cost. It is important that appropriate prevention efforts are taken.

Can SSIs be treated?

Yes. Most surgical site infections can be treated with antibiotics. Sometimes patients with SSIs also need another surgery to treat the infection.

What are some of the things that hospitals are doing to prevent SSIs?

Your doctors, nurses and other healthcare providers will:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.

- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.

- Remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.

- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.

- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.

- Clean the skin at the site of your surgery with a special solution that kills germs.

Reference: This material was adopted from CDC <http://www.cdc.gov/HAI/ssi/ssi.html>

What can you do to help prevent SSIs?

You need to follow the preoperative steps below.

Be sure to use the enclosed shower card for assistance.

Before your surgery

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections.

- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

- Shower with CHG solution you were given to reduce the risk of infection at the surgical site. **Shower with CHG solution consecutive times before your surgery, or more often as directed by your surgeon.**

At the time of your surgery

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.

- Ask if you will get antibiotics before surgery.

Why use CHG solution?

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgical site. This skin cleansing is to be done at home prior to surgery. CHG solution is an antiseptic, antibacterial agent that is used to clean the skin after an injury or before surgery. Showering with CHG solution before the surgery can block germ growth and provide the best protection.

Slip Hazard-CHG Soap - Slippery When Wet



After your surgery

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub. **If you do not see your providers clean their hands, please ask them to do so.**

- Family and friends who visit you should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. They should not touch the surgical incision or dressings. **If you do not see them clean their hands, ask them to clean their hands.**

- Make sure you understand how to care for your incision before you leave the medical facility.

Content Source: Centers for Disease Control and Prevention
http://www.cdc.gov/HAI/ssi/faq_ssi.html

Going home after your surgery

- It is very important that you or your caregiver always clean hands before and after caring for your incision.
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- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, **call your doctor immediately.**



Signs & Symptoms of Infection

The first few days after surgery, you may have pain or discomfort. The incision may be red or swollen and have some clear or a bit of blood drainage. This is normal and should be less each day.



Call your doctor if you notice the following

- Fever over 101 degrees
- Increased pain at the incision not related to activity
- Increased, cloudy, and/or colored drainage from the incision
- The incision opens and/or becomes hot, red and tender