



Ascension

Pre-Surgery Bathing Instructions

Total Joint and Fusion Adult Patients

To help prevent an infection after your surgery, it is very important for you to wash carefully with Chlorhexidine Gluconate (CHG) soap before your surgery. You should have been given this soap at your Pre-Admission Testing (PAT) appointment. CHG is an antiseptic to help kill germs that live on the skin that can cause infections if they get inside your body.

Using CHG

- Use 1/4 of the bottle each day for 4 days before your surgery and then once again the morning of your surgery
- Shower only - **do not use CHG to soak in a tub**
- **Do not** use CHG to wash your hair or genital area - use your regular soap
- Please do not use CHG if you are allergic to it or have a history of any skin conditions such as eczema, psoriasis, contact dermatitis, etc. Use an antibacterial soap such as Dial.

Showering

- Use a clean washcloth to wet and apply the CHG soap to lather your entire body for 5 minutes (not hair, face, or genital area)
- Lather for 5 minutes from chin down to your toes, focusing on the area of your surgery
- Ask someone to help you if you cannot reach your back and legs
- Don't scrub too hard, you do not want to irritate your skin
- Rinse off and use a clean, dry towel to pat dry completely

- **Do not** shower with your regular soap after you use CHG
- **Do not** shave any area of your body 48 hours prior to your surgery. If hair removal is necessary, it will be done at the hospital

After Showering with CHG

- Wear clean, comfortable clothing
- Change your sheets and pillowcases on your first day of showering with CHG so that you sleep on a clean, fresh bed
- Change your pillowcases and sheets again the night before surgery
- Use clean washcloths and towel with every shower
- Brush your teeth 2 times a day, at the minimum

Morning of Surgery - Before Arriving at the Hospital

- Remove all jewelry and piercings
- Shower as instructed above with CHG
- If surgery is above the shoulders, shampoo hair with an antibacterial soap/shampoo such as Dial. **Do not** use conditioner or hair styling products
- Brush your teeth
- Wear clean, comfortable clothing after your CHG shower
- **Do not** wear contacts, dentures, wigs, or hairpins
- **Do not** apply any of the following:
 - Makeup, Powders, Cologne, Ointments, Lotions, Aftershaves, Deodorants, Perfume

If you are called by Clinic staff, after your Pre-Admission Testing, letting you know you have MRSA, please read the following instructions below.

What is MRSA or MSSA?

MRSA stands for Methicillin-Resistant Staphylococcus Aureus which is a type of bacteria that is particularly dangerous if it gets inside the body since it is resistant to penicillin and methicillin (drugs to treat these germs). Many people have MRSA living on their skin or in their nose without knowing. If the germs get in the body MRSA can cause skin, lung, bloodstream, or other types of infections. An infection means that germs are in or on your body and are making you sick. You may have a fever, high white blood cells count (cells that fight infection) or red, swollen, or painful, skin irritation with pus.

Pre-Admission Nasal Culture

You had a test done during your Pre-Admission Testing (PAT) visit. A swab from inside your nose was sent to the Laboratory for testing. **If you tested positive for MRSA, you will be contacted by the POMC for further instructions.**

Good Practices

- Keep your hands clean by washing with soap and water, often, scrubbing for as long as it takes you to sing Happy Birthday
- Do not share personal items such as razors, toothbrushes, or towels
- Any items or surfaces you touch often should be cleaned daily
- Wash your sheets and towels at least once a week
- Change your clothes daily
- If you have cuts or areas where skin has scraped or rubbed off, keep them clean and covered with a clean bandage until they heal
- Follow instructions from your doctor

Is There A Cure?

Many people are treated and no longer have MRSA, but sometimes it can go away after being treated and then come back if you are re-exposed.

For More Information

Talk with your doctor or nurse. Also, you can visit Centers for Disease Control and Prevention (CDC) website: www.cdc.gov/ncidod/dhop/ar_mrsa.html