

Your Role in Preventing Surgical Site Infections (SSI)

A surgical site infection is an infection that occurs in the area where an operation has been performed. This can lead to other complications and make your recovery take longer.

There are some things you can do to decrease the risk of developing a surgical site infection, such as reducing the bacteria ("germs") on your skin. You have been given some special wipes to use for this purpose. Please read and follow these instructions for bathing and skin care the night before surgery.

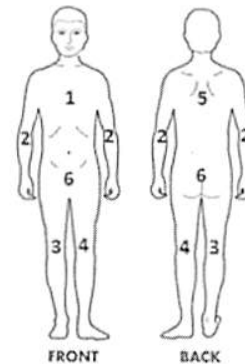
DO NOT SHAVE any part of your body the day before or the day of your surgery.

Be sure to shower and wash your hair before using the cloths. **Make sure your skin is DRY** before using the cloths.

You have been given a total of 6 cloths: there are 3 packs of cloths with 2 cloths in each pack.

Use one clean cloth to wipe each area on the body and then discard it. Use a circular or back and forth motion to wash the skin in the following order:

- Use the 1st cloth to wipe your neck, chest and belly.
- Use the 2nd cloth to wipe both arms and hands.
- Use the 3rd cloth to wipe your RIGHT leg from top to bottom.
- Use the 4th cloth to wipe your LEFT leg from top to bottom.
- Use the 5th cloth to wipe your back.
- Use the 6th cloth to wipe your hips, buttocks and groin.



Let skin air dry, **DO NOT** rinse. It will feel sticky until dry. Put on clean clothes and sleep in clean sheets.

You will do this again the morning of surgery at the hospital.

- Do NOT let the cloths touch your eyes, ears, or mouth.
- Do NOT use on open wounds or sores.
- Do NOT rinse. After using the cloths let your skin air dry.
- Do NOT put on any lotions, moisturizers or makeup after using the cloths.
- Do NOT flush the cloths down the toilet.