

术前皮肤准备

使用葡萄糖酸氯己定消毒液 (CHG)

本指南将介绍在海景医疗中心 (Harborview Medical Center) 手术前如何使用葡萄糖酸氯己定消毒液 (CHG) 清洁你的身体。

什么是 CHG 消毒液?

在手术前, 你需要用一种特殊的肥皂来清洁你的皮肤和头发。这种肥皂含有一种名为葡萄糖酸氯己定的杀菌剂。术前使用 CHG 消毒液来清洁你的身体有助于预防感染。

如果你在使用此肥皂后出现疼痛或瘙痒:

- 停止使用此肥皂。
- 冲洗干净该区域。
- 在手术当天告知工作人员有关于你的疼痛或瘙痒。

如果你对氯己定过敏, 可使用你日常用的肥皂洗澡。

手术前夜

- 向往常一样用肥皂和水洗浴。用日常洗发液洗头。然后冲干净泡沫。
- 不要剃毛。
- 关掉水, 并用毛巾将CHG消毒液从颈部以下涂抹全身。不要在脸部, 生殖器部位或开放性溃疡区域使用CHG消毒液。
- 如果可以, 让CHG消毒液在你的皮肤上至少留**1分钟**。
- 冲洗干净。
- 用干净的毛巾擦干。
- 在使用CHG消毒液后不要使用任何其他肥皂, 乳液, 保湿霜或化妆品。
- 在洗澡后穿上干净的睡衣和铺上干净的床单。

手术当天早上

- 按照你前一晚的步骤再洗一次澡。你不需要再洗头。
- 洗澡后穿上干净的衣服。

疑虑?

你的问题很重要。如果你有任何问题或疑虑, 请联系门诊。

Skin Prep Before Surgery

Using CHG soap

This handout explains how to use CHG soap to clean your body before surgery at Harborview Medical Center.

What is CHG soap?

Before your surgery, you will use a special soap to clean your body. The soap contains an *antiseptic* called *chlorhexidine gluconate* (CHG). Cleaning your body with CHG soap before surgery helps prevent infection.

If you have pain or itching after using the soap:

- Stop using the soap.
- Rinse the area well.
- Tell staff about your pain or itching on the morning of your surgery.

If you are allergic to chlorhexidine, use regular soap to shower with.

Night Before Surgery

- Shower or bathe as usual with soap and water. Use regular shampoo on your hair. Then wash off the soap completely.
- **Do not shave.**
- Turn off the water and apply the CHG soap to your body from the neck down using a wash cloth. Do **not** use CHG soap on your face, hair, genitals, or areas where you have open sores.
- If possible, let the soap stay on your skin for at least 1 minute.
- Rinse well.
- Use a clean towel to dry off.
- Do not apply any other soaps, lotions, moisturizers, or makeup after you have used the CHG soap.
- Put on clean nightwear and use clean sheets on your bed after your shower.

Questions?

Your questions are important. Please call your clinic with any questions or concerns.

Morning of Surgery

- Take another shower, following the same steps as before. You do not need to shampoo your hair again.
- Put on clean clothes after you shower.