



术前皮肤准备

使用CHG 消毒湿巾

本指南将介绍在海景医疗中心 (Harborview Medical Center) 手术前如何使用CHG 清洁你的身体。

什么是 CHG 消毒湿巾?

手术前, 你需要使用一种特殊的湿巾来清洁你的皮肤。这种湿巾含有一种名为葡萄糖氯己定的杀菌剂。术前使用 CHG 消毒湿巾来清洁你的身体有助于预防感染。

- 如果你在使用此湿巾后出现疼痛或瘙痒:
- 停止使用此湿巾。
- 冲洗干净该区域。

在手术当天把你的疼痛或瘙痒告知工作人员。

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

- 像日常一样洗头洗澡。身体任何部位都不需要剃毛。确保你使用干净的毛巾。
- 在使用这些湿巾后确保你穿上干净的睡衣和使用干净的床单。
- 在洗澡后 1 个小时按照下面“皮肤准备步骤”准备。确保你开始前皮肤是干燥的。

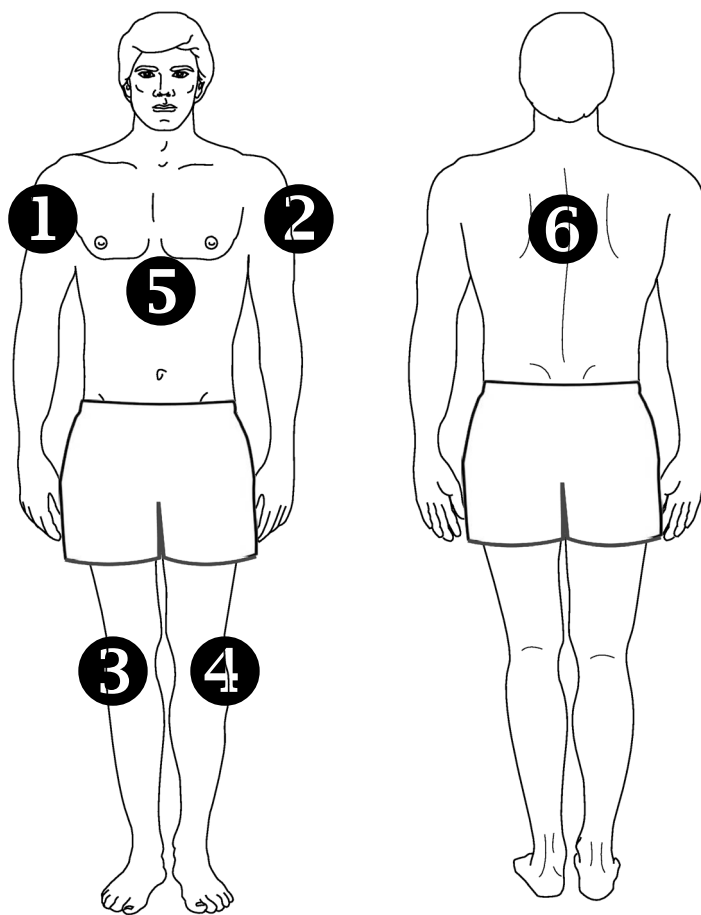
皮肤准备步骤

- 用剪刀剪开 3 包 CHG 湿巾。每包有 2 张湿巾。
- 不要在脸上, 头发上, 生殖器处或伤口处使用 CHG 湿巾。
- 用 6 张湿巾, 每个身体部位使用一张 (详情请看第二页的示图)。例如, 使用:
 - 1 张擦右手臂和右手
 - 1 张擦左手臂和左手
 - 1 张擦左手腿和左足

- 1 张擦腹部和腹股沟
- 1 张擦背部和臀部
- 用湿巾像在身上画画一样仔细地来回擦拭你的身体。
- 如果身体某些地方需要帮忙擦拭，请寻求帮助。
- 用完湿巾后，不要冲洗你的皮肤或使用任何护肤液，护肤霜或化妆品。
- 在皮肤完全干燥之前你可能会有 1-2 分钟感觉黏黏的。等皮肤干了之后在穿上干净的睡衣。
- 把湿巾扔进垃圾桶里。不要放进马桶里。

手术当天

- 不要洗澡，泡澡或洗头。
- 打开 3 包新的 CHG 湿巾。按照手术前一晚的“皮肤准备”指示操作。
- 等你的皮肤干了后穿上干净的衣服。



按编号使用 1 张湿巾擦拭身体每一个部位。

疑虑?

你的疑虑很重要。如果你有任何问题或顾虑，请致电你的门诊。

Skin Prep Before Surgery

Using CHG wipes

This handout explains how to clean your body with CHG wipes when you are scheduled for surgery at Harborview Medical Center.

What are CHG wipes?

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

If you have pain or itching after using the wipes:

- Stop using the wipes.
- 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, and shampoo your hair as usual. **Do not shave any part of your body. Make sure that you use a clean towel.**
- Make sure that you put on clean nightwear and use clean sheets on your bed after using these wipes.
- Follow the “Skin Prep Steps” listed below 1 hour after you shower. Make sure your skin is dry before you start.

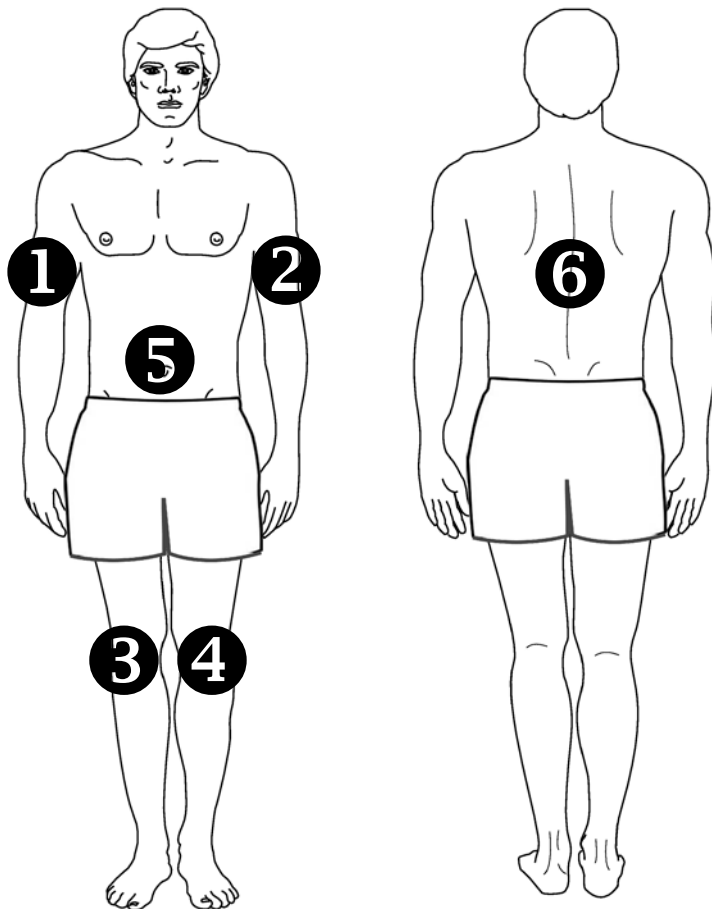
Skin Prep Steps

- Use scissors to cut off the end seal of 3 packages of CHG wipes. Each package contains 2 wipes.
- Do **not** use CHG wipes on your face, hair, genitals, or areas where you have open sores.
- Use all 6 wipes, 1 wipe for each body area (see drawings on page 2). For example, use:
 - 1 wipe for your right arm and hand
 - 1 wipe for your left arm and hand
 - 1 wipe for your right leg and foot
 - 1 wipe for your left leg and foot

- 1 wipe for your abdomen and groin
- 1 wipe for your back and buttocks
- Wipe each area back and forth as if you are painting your body with the wipes. Be thorough.
- Ask for help if you need it to reach certain areas of your body.
- After using the wipes, do **not** rinse your skin or apply any lotions, moisturizers, or makeup.
- Your skin may feel sticky for 1 to 2 minutes until it is fully dry. Let your skin air dry and then put on clean night clothes.
- Throw away the wipes in the trash can. Do not flush the wipes down the toilet.

Morning of Surgery

- Do **not** shower or bathe, or shampoo your hair.
- Open 3 new packages of CHG wipes. Follow the same instructions for “Skin Prep” as you did the night before surgery (see page 1).
- When your skin is dry, put on clean clothes.



Use 1 wipe for each body area as numbered.

Questions?

Your questions are important. Call your clinic if you have questions or concerns.