

Diyaarinta Maqaarka Kahor Qalliinka

Isticmaalka Saabuunta CHG

Warqaddani waxay sharxaysaa sida loo isticmaalo saabuunta CHG si aad u nadiifiso jirkaaga kahor qalliinka.

Waa maxay saabuunta CHG?

Qalliinkaaga kahor, waxaad isticmaali doontaa saabuun gaar ah si aad jirkaaga u nadiifisid. Saabuuntu waxay ka koobantahay walax jeermiska disha oo loo yaqaanno *chlorhexidine gluconate* (CHG). Inaad jirkaaga ku nadiifisid saabuunta CHG qalliinka kahor waxay gacan ka geysaneysaa ka-hortagga caabuqa (infenshanka).

Haddii aad dareento xanuun ama cuncun ka dib marka aad isticmaasho saabuunta:

- Jooji isticmaalka saabuunta.
- Si fiican isaga biyo raaci aaggaas.
- U sheeg shaqaalaha xanuunkaaga ama cuncunkaaga subaxa qalliinkaaga.

Haddii aad xasaasiyad ku leedahay chlorhexidine, isticmaal saabuunta caadiga ah si aad ugu qubeysato.

Habeenka ka horeeya Qalliinka

- U qubayso ama u dhaqo si caadi ah adigoo isticmaalaya saabuun iyo biyo. Timahaaga ku dhaq shaambooga caadiga ah ee aad isticmaasho. Kadibna saabuunta gebi ahaanba iska dhaq.
- **Ha xiiran.**
- Jooji biyaha (iska xir qubeyska), ka dibna mari saabuunta CHG jirkaaga laga soo bilaabo luqunta ilaa hoos adigoo isticmaalaya maro-dhaqasho (washcloth). **Ha** u isticmaalin saabuunta CHG wejigaaga, timahaaga, xubnahaaga taranka, ama meelaha aad ku leedahay nabarro furan.
- Haddii ay suurtoagal tahay, u daa saabuunta jirkaaga ugu yaraan 1 daqiiqo.
- Si fiican isaga biyo raaci.
- Icticmaal tuwaal nadiif ah si aad isugu qallajiso.
- Ha is marin saabuun kale, looshin, qoyaan-bixiye (moisturizers), ama isqurxin (makeup) ka dib markaad isticmaasho saabuunta CHG.
- Xidho dhar hurdo oo nadiif ah, oo u isticmaal go'yaal nadiif ah sariirtaada ka dib marka aad qubaysato.

Subaxda Qalliinka

- Qubayso mar kale, adigoo raacaya tallaabooyinkii hore. Uma baahnid inaad timahaaga mar kale shaambo ku dhaqdo.
- Xiro dhar nadiif ah ka dib markaad qubeysato.

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaadka haddii aad qabtid su'aalo ama walaac.

Skin Prep Before Surgery

Using CHG soap

This handout explains how to use CHG soap to clean your body before surgery.

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.

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.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.