

## Lowering Your Risk for a Surgical Infection

Many hospitals have implemented a new program to reduce the risk of infection after surgery. An antiseptic solution is used to reduce the bacteria (germs) on your skin. As well, a treatment may be done to reduce the bacteria in your nose. These treatments have been found to greatly reduce the risk of developing an infection to your incision after your surgery.

### **SAGE: Antiseptic Body Cleanser (2% Chlorhexidine Gluconate)**

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- This hospital, along with your doctor, advises cloths moistened with Chlorhexidine Gluconate (CHG) antiseptic solution. This skin cleaning is done the night before surgery and again on the day of surgery.
- Buy one package of **SAGE Antiseptic Body Cleanser (2% Chlorhexidine Gluconate)** to use the night before surgery.
- The nurse will provide a list of stores who sell the SAGE product.
- In the hospital, the nurse will provide you with a second package on the day of surgery.

### **Preparing your skin the night before surgery:**

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#### **NOTE: Read all of these instructions before starting.**

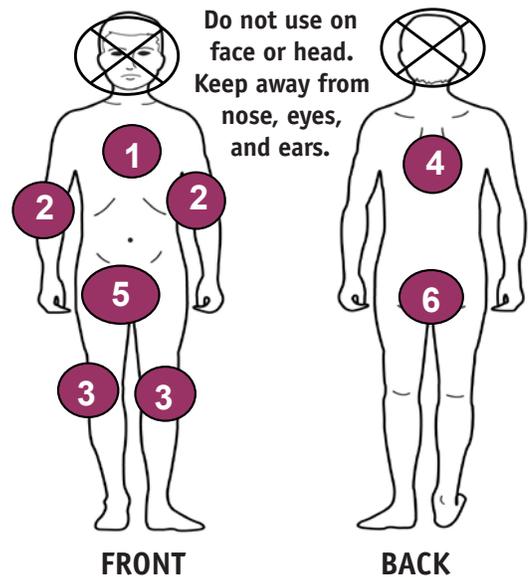
- **Do not** use a razor blade to shave the surgical site for 2 days before surgery. You may continue to use an **electric** razor.
- The evening before surgery, if you are able, shower or bathe and shampoo your hair, using warm, not hot water. **WAIT at least 1 hour after showering or bathing**, before preparing the skin with **SAGE**.
- Prepare the skin using one package of **SAGE** cleansing wipes.
- Use one cloth to prepare each area of the body. Wipe each area thoroughly in a back and forth motion. **Use all 6 cloths** in the package as per the order shown in steps 1 through 6 in the picture on the back of this page.
- **Do not** use this product on your eyes, ears, mouth, any inner “private areas” or penis. **Do not** apply to broken skin or open wounds. **If undue irritation develops (rash, severe itching, stinging, redness), discontinue use, rinse the areas with water, and contact your doctor.**
- **If you have sensitive skin, you may prefer to do a small “test site” on your inner forearm about the size of a quarter for 1 minute. If no undue irritation occurs after 1 minute, then go ahead with the full body application as directed.**

- After applying the SAGE wipes to skin, allow area to air dry for one minute. Do not rinse or towel off. It is normal for the skin to have a “tacky” feel for several minutes. Dress in clean clothes or sleepwear.
- Throw all cleaning wipes in the garbage. **Do not flush in the toilet.** The outer plastic wrapping is recyclable.
- **Do not** apply any lotions, moisturizers or makeup after preparing your skin.
- **Do not** shower or wash after preparing your skin the night before and the day of surgery. Wash your face in the morning.

**To open the package:** Peel off the label on the top of the package.

**Use one cloth to clean each area of the body in the following order:**

1. Wipe your **neck, chest and abdomen.**
2. Wipe **both arms**, starting with the shoulder and ending at the fingertips. Be sure to wipe the armpits thoroughly.
3. Wipe **both legs**, starting at the thigh and ending at the toes. Be sure to wipe behind your knees thoroughly.
4. Wipe your **back** starting at the base of your neck to your waistline. You may need help.
5. Wipe your **right and left hip** followed by your groin. Wipe the outside folds in the **groin area**. **Do not** wipe inner private areas (labia, vagina, urethra, or penis).
6. Wipe the **buttocks.**



For more information please go to: <http://www.sageproductsglobal.com/en/abc.cfm>

## Preparing your Nose

In the hospital on the day of surgery MRSAid™ is a photodisinfection treatment used to get rid of the bacteria (germs) that live in your nose. This treatment, along with the Sage body wipes, is used to help lower the risk of an infection to your incision after surgery.

The treatment is done using a swab containing a special blue liquid that will be wiped all around the inside of your nose. This blue liquid attaches to the bacteria in your nose. We then insert nasal tips and turn on a red light used in the treatment, which causes the blue liquid to undergo a chemical reaction. This reaction causes the bacteria in your nose to die, but does not hurt the surrounding tissue. The treatment does not cause pain and is completed in about 5 minutes. During the swabbing, it may tickle, or cause you to feel the need to sneeze. You may also feel a sense of warmth when the light is in your nose.

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 or email [phem@vch.ca](mailto:phem@vch.ca) and quote Catalogue No. **ED.100.P741**  
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The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)