



# Preparing your skin prior to orthopaedic surgery

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**This leaflet is for patients coming into hospital for an orthopaedic operation or procedure and explains how to prepare your skin using washes. Failure to fully follow these instructions will result in your operation being cancelled on the day of surgery.**

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## Why is preparation of your skin important?

Many micro-organisms (germs) live in and on our bodies, and are also present in our surroundings. Our skin prevents germs from entering our bodies. A surgical wound infection occurs when germs enter the cut that the surgeon makes through the skin to perform an operation. Using the prescribed skin cleanser (skin antiseptic body wash) properly will reduce the amount of bacteria on your skin which can potentially enter the cut. This will help to reduce the chances of you getting a wound infection – **so it is vital you complete the 5-day regime.**

## Important questions to ask before using the ointment/wash solution:

- Are you allergic to Hibiwash® (chlorhexidine) or any of its ingredients – D-glucono-delta-lactone, isopropyl alcohol, lauryl dimethyl amine oxide, perfume (Herbacol 015393 TB), polyoxyethylene-polyoxypropylene block copolymer, Ponceau 4R (E124), sodium hydroxide, glycerol, or macrogol-7 glycerol cocoate?
- Are you allergic to Octenisan® (octenidine) or any of its ingredients – glyceryl cocoate, cocamidopropylamine oxide, PEG-7, glycerin, hydroxyethylcellulose, allantoin or lactic acid?
- Are you pregnant or think you may be?
- Are you breastfeeding?
- Do you have an open wound?
- Do you have psoriasis or eczema?

**If you answer YES to any of the questions above, DO NOT use these products until you have spoken with your hospital consultant / clinical team.** You may need to be given an alternative medication or the dose may need to be changed.

## General advice

- Start treatment as directed by your nurse/doctor, use them at regular intervals as instructed and complete the course.
- If your procedure is postponed, seek further advice from your doctor, nurse or pharmacist.
- During your wash, it is important to ensure all body areas are covered and pay particular attention to folds in the armpits, stomach, groin and belly button areas.
- After washing, use clean sheets and clothing. Launder items separately from those of other family members, using as high a temperature as the fabric allows.
- For the duration of skin treatment, sheets and towels should be changed daily if at all possible. Minimum requirements are to change towels and bedding on days 1 and 4 of the protocol. (Day 5 = the day of your procedure.)

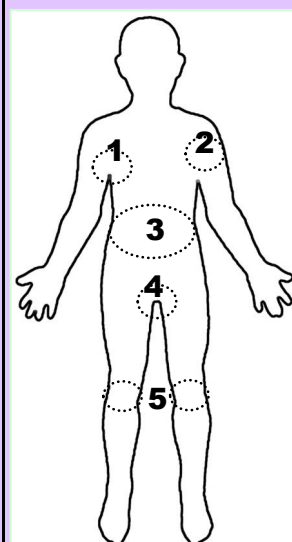
- At the end of your treatment, dispose of all topical medical items as directed.

**Skin wash regime: preparation of your skin should start 5 days before your planned date of surgery** (Date: \_\_\_\_\_)

Day 1	Day 2	Day 3	Day 4	Day 5 (operation day)
Use Hibiwash® or other prescribed antiseptic soap	Use Hibiwash® or other prescribed antiseptic soap	Use Hibiwash® or other prescribed antiseptic soap	Use Hibiwash® or other prescribed antiseptic soap	Use Hibiwash® or other prescribed antiseptic soap

#### Hibiwash®/ Octenisan®/ Oilatum® Plus body wash instructions:

1. Use **ONCE DAILY** as a soap substitute in the shower **for 5 days**.
2. Apply neat (undiluted) to wet skin directly or to a dampened wash-cloth/disposable wipes (single patient use only) and rub onto all areas of the body (particularly areas 1, 2, 3, 4 and 5), **leave for ONE minute** and rinse off.
3. Use a clean and dry personal towel each time, i.e. towels should be for individual person use and changed daily.
4. **Keep out of the eyes** (if chlorhexidine solution come into contact with the eyes, wash out promptly and thoroughly with water) **and ears**.



#### Shampooing

1. Use as a shampoo on **alternate days for the 5 days** of treatment.
2. Apply to hair and scalp and **leave for ONE minute** before rinsing.

#### Storage information:

Store Hibiwash® / other prescribed antiseptic soap at room temperature (below 25°C).

#### What unwanted side effects might your topical medicines have?

Please refer to the product information leaflet that comes with your topical medications.

## Questions and concerns

If you have any questions or concerns about skin antiseptic body wash, please ask your nurse for further information or you can contact the Royal Berkshire NHS Foundation Trust Pre-Operative Assessment on 0118 322 6546, email: [cat14@royalberkshire.nhs.uk](mailto:cat14@royalberkshire.nhs.uk) or Infection Control Team on 0118 322 7114, email: [infection.control@royalberkshire.nhs.uk](mailto:infection.control@royalberkshire.nhs.uk).

## How do I find out more?

Having an operation NHS <https://www.nhs.uk/conditions/having-surgery/preparation/>

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

<b>Please ask if you need this information in another language or format.</b>
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