



术前发肤准备

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) 清洁你的头发和皮肤。

什么是 CHG 消毒液?

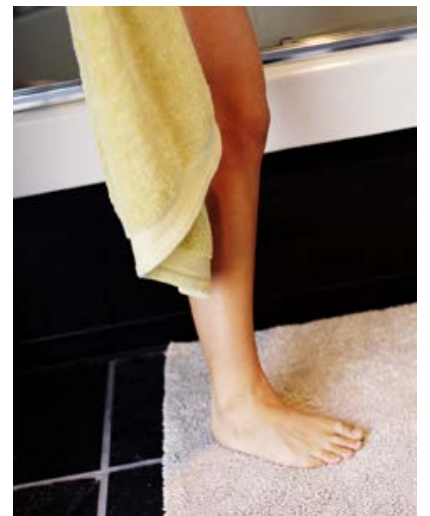
在手术前, 你需要用一种特殊的肥皂来清洁你的皮肤和头发。这种肥皂含有一种名为葡萄糖酸氯己定的杀菌剂。术前使用 CHG 消毒液来清洁你的皮肤和头发有助于预防感染。

如果你对氯己定过敏, 可使用你日常用的肥皂洗澡。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。

手术前夜

- 用日常肥皂和水洗澡。然后冲干净泡沫。不要剃毛。
- 关掉水。
- 洗头发:
 - 在头皮上涂抹CHG消毒液 (用同等量的水稀释)。
 - 在使用CHG消毒液清洁你的皮肤的同时将消毒液留在头皮上。
- 清洁皮肤:
 - 用毛巾从颈部以下涂抹CHG (浓缩) 消毒液。
 - 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**。
 - 冲洗干净头皮和皮肤。



在用 CHG 消毒液洗澡后用干净的毛巾擦干。

- 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。
- 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 and Hair Prep Before Surgery

Using CHG soap

This handout explains how to clean your skin and hair with CHG soap before having surgery at Harborview Medical Center.

What is CHG soap?

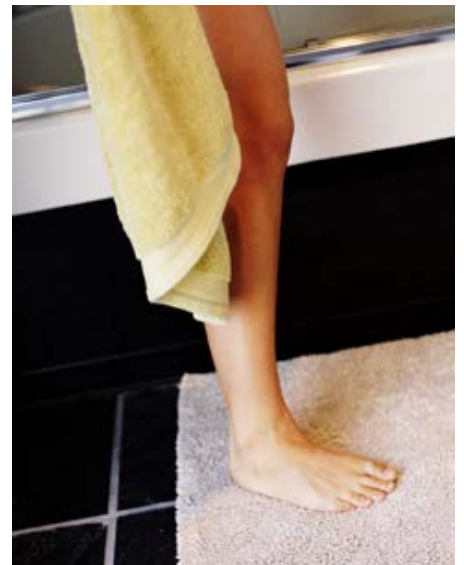
Before your surgery, you will use a special soap to clean your skin and hair. The soap contains an *antiseptic* called *chlorhexidine gluconate* (CHG). Cleaning your skin and hair with CHG soap before surgery helps prevent infection.

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

Night Before Surgery

- Shower as usual with your regular soap and water. Then wash off the soap completely. **Do not shave.**
- Turn off the water.
- To wash your hair:
 - Apply CHG soap (**diluted with an equal amount of water**) to your scalp.
 - Leave the soap on your scalp while you wash your skin with CHG soap.
- To wash your skin:
 - Use a washcloth to apply CHG soap (**full strength**) to your body from the neck down.
 - Do **not** use CHG soap on your face, genitals, or areas where you have open sores.



Use a clean towel to dry off after your shower with CHG soap.

- If you can, let the CHG soap stay on your skin for at least **1 minute**.
- Rinse your scalp and skin 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 you shower.

Morning of Surgery

- Take another shower. Follow the same steps as you did for your shower the night before.
- Put on clean clothes after you shower.

Questions?

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