

Preparing Your Skin Before Vascular Surgery

Instructions for Patients

If you have any questions about these instructions, please call Halifax Infirmery Day Surgery at 902-473-3187, Monday to Friday between 6 a.m.-4 p.m.

Preparing Your Skin Before Vascular Surgery

Two days before your surgery:

- Do not shave your legs or back, or under your arms. Shaving before you apply 2% Chlorhexidine Gluconate (CHG) may make your skin red or itchy. You can shave your face if needed. Electric razors are the best choice.
- You can continue to bathe or shower as usual until the night before surgery (see page 2).

Note for all patients:

When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching feeling and/or redness. Showering or shaving right before applying CHG may make this worse. If itching or redness doesn't go away, rinse the itchy/red areas with warm (**not hot**) water and stop using CHG.

Instructions:

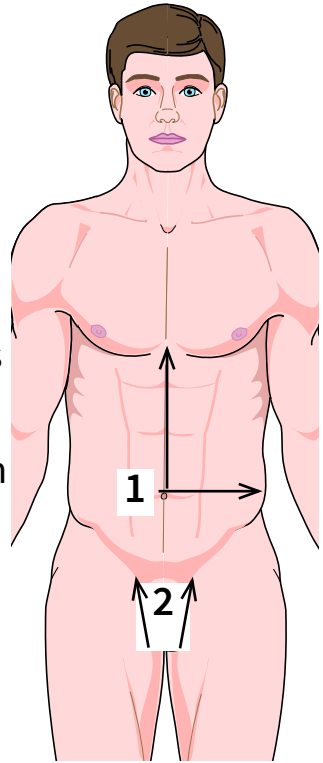
- The night before surgery, shower or bathe using soap and a clean towel.
- Do not use lotions, moisturizers, or makeup. Water and ingredients in personal care products can lower the antiseptic (cleansing) effects of CHG and make it less effective.
- On the morning of your surgery, use the CHG pre-moistened cloths according to the instructions for your surgery type on the following pages.
- After you use the CHG cloths, do not shower or bathe. CHG works best when left on the skin. **Let the CHG dry completely. DO NOT RINSE OFF.**
- Follow any other pre-surgery instructions your healthcare team has given you. This pamphlet is only about your skin preparation before surgery.

What are your questions?

Please ask. We are here to help you.

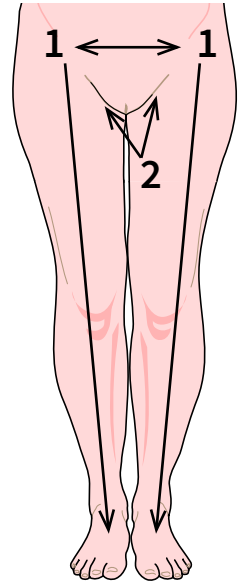
For all aneurysm surgeries, use CHG cloths on these areas:

1. Using the 1st cloth, gently wipe your chest and body:
 - › Start at mid-chest and end at your belly button.
 - › Make sure to wipe from your belly button to your left side and around your left flank (side between ribs and hip).
 2. Using the 2nd cloth, wipe both groins:
 - › Make sure you wipe in any skin folds (not inside genitals).
- After using the 2 cloths, let areas dry for 1 minute.
 - Do not rinse any part of your skin.
 - Dress in clean clothes.



For patients having leg vascular surgery, including angioplasty, use CHG cloths on these areas:

1. **Using the 1st cloth**, gently wipe the inside, front and back of your legs including your hip:
 - › Start at your hip and wipe towards your ankle.
 2. **Using the 2nd cloth**, gently wipe your groins:
 - › Make sure you wipe in any skin folds (not inside genitals).
- After using the 2 cloths, let areas dry for 1 minute.
 - Do not rinse any part of your skin.
 - Dress in clean clothes.



Reminders

- Avoid touching the CHG to your eyes, ears, and mouth.
- It is normal for the skin to have a temporary “tacky” feel for a few minutes after the CHG cloths are used.
- Call the number on the front cover if you have any questions.

Looking for more health information?

This pamphlet and all our active patient pamphlets are searchable here:

<http://bit.ly/NSHApamphlets>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

www.nshealth.ca

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The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.