

Appendix 1 to Rozario D. Can surgical site infections be reduced with the adoption of a bundle of simultaneous initiatives? The use of NSQIP incidence data to follow multiple quality improvement interventions. *Can J Surg* 2017.

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Appendix: Preoperative shower instruction sheet



CHLORHEXIDINE – CHD SHOWER INSTRUCTIONS BEFORE SURGERY Department of Surgery



Purchase one 4oz (115mL) bottle
Chlorhexidine gluconate 4% (CHD)
from your local pharmacy


DIRECTIONS:

Take **TWO** showers, **one the night before surgery and another the morning of surgery**

1. Remove all jewelry and body piercings.
2. Wash your hair and body using your normal soap and shampoo. Rinse. Step away from the water.
3. Wet a clean washcloth and apply **CHD** solution to the wet washcloth. Use half of the **CHD** for the first shower and half for the next one.
4. Wash your entire body **from the neck down** using the wet, soapy washcloth. Clean your belly button thoroughly with Q-tips and **CHD**, (wash your outer genital and anal areas last). Leave the solution on the skin for **3 minutes**, then rinse the cleaner thoroughly from your body.
5. Use a clean towel to pat your skin dry.
6. Dress in fresh clean sleepwear/clothes. Sleep in clean sheets the night before your surgery.

***If you have any questions or concerns,
contact your surgeon***

DO NOT!

- **Do not use the Chlorhexidine near your eyes, ears, mouth or vagina** 
- **Do not use** if you are allergic to Chlorhexidine, consult your surgeon
- **Do not** apply body moisturizing lotion or powder after your shower
- **Do not** shave, clip, or wax, below your neck for 7 days before surgery

IMPORTANT!

- If you experience any **signs of allergy** for example a rash, breathing difficulties, palpitations, or swelling of the lips, tongue and throat, or if you feel unwell in any way, **STOP** use and please seek medical advice immediately, visit your Emergency Department, family doctor, or call Telehealth Ontario (1-866-797-0000) or 911


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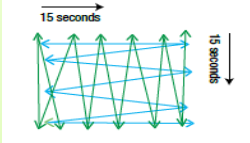
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Appendix: Skin Preparation Protocol



Key Points for Surgical Prep

- Assess patient for allergies, choose appropriate prep based on potential allergies and area to be prepped
- Perform hand hygiene
- Confirm surgical site
- Start at clean incision site and move away to periphery, obtain new applicator sponge as needed
- Contaminated incision site (perineum, stoma, open wound, drain, axilla) prep surrounding area first
- **Prep in a back and forth motion, with light friction, in 2 direction motion for 30 seconds**



- Ensure surgical site marking is still visible
- Collect pooling and drips with towel or blue pad and remove prior to draping
- **Allow adequate time for skin antiseptic to dry ~ 3 mins prior to draping**
- Document pre-op skin condition, antiseptic used, area prepped, and post-op skin condition