

The Day Before Surgery

- Tell a member of your health care team if you have any changes in your health (sore throat, cold, fever, dental problem, urinating problem) or skin condition (rash, abrasions). You may need to schedule your surgery at a later date.
- If you take diabetes medicine, ask the health care provider who is managing your diabetes if you should take your medicine before surgery.
- Remove artificial nails and nail polish if you have your fingernails or toenails painted.

Cleansing Your Skin for Your Surgery

Important

If you did not receive Sage® skin cleansing cloths from your health care provider's office, please contact your surgeon.

Before surgery, you have an important role in reducing your risk of infection at the surgery site. You can reduce the number of germs on your skin by gently cleansing your skin with the Sage® 2% Chlorhexidine Gluconate Cloths. **Do not to use these cloths if you have an allergy to chlorhexidine gluconate.**

Important: Do not shave your body below your neck 7 days before your surgery.

The night before surgery, take a bath or shower. Wait 1 to 2 hours. Wipe your skin well with the Sage cloths. They have a special antiseptic solution. Use all 6 cloths in the package.

Please **do not** follow the instructions on the Sage packages when cleansing your skin. Follow the instructions on page 25.

Night before surgery (at least 1 to 2 hours after taking a bath or shower)

- Gather your supplies: One package of Sage 2% Chlorhexidine Gluconate Cloths, scissors, and clean clothes or sleepwear.
- Use the scissors to open the Sage cloths package. Cut straight across the top. Remove the cellophane wrapper and throw it away.
- Reach into the package and take out the cloths with the foam holder and put them on a clean surface.
- **After you start using the cloths, do not touch your eyes, ears or mouth.**

Tip

If you cannot wash the surgery area yourself, have a member of your care circle help you.

- Follow the skin cleansing steps on page 25.
 - Gently cleanse your skin using a back-and-forth motion.
 - Be sure to completely cover each area. You may need help wiping some areas of your body.

After you gently cleanse each area, let your skin air dry for 1 to 3 minutes. It is normal for your skin to feel tacky or sticky for several minutes after you apply the solution.

- **Do not rinse or rub off the solution.**
- **Do not apply deodorant, perfume, lotions, moisturizers, gels, powders or make-up after cleansing your skin.**
- Throw away the used cloths. Do not flush them down the toilet.
- Wash your hands with warm water and soap.
- Put on clean clothes or sleepwear.
- Put clean sheets on your bed. Make sure pets stay off of your bed to keep it clean.

Chlorhexidine wipes warning

Do not use chlorhexidine wipes or liquid if you:

- are sensitive to surgery skin preps
- know you have an allergy to chlorhexidine.

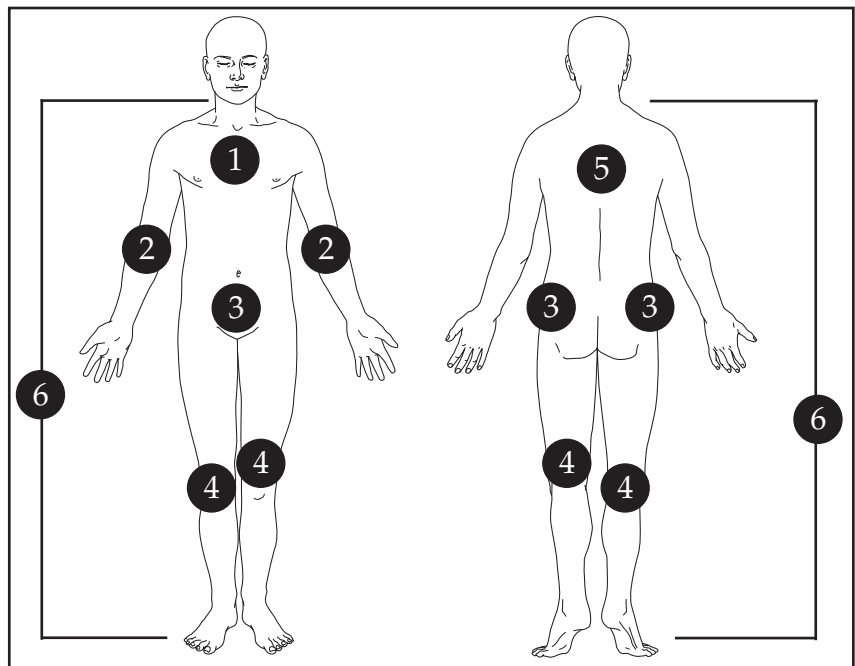
If you notice your skin is irritated while using the chlorhexidine wipes or liquid, remove it gently with a wet washcloth. Tell your pre-surgery nurse you had a reaction so they can make a note of your allergy history and tell others on your health care team.

There are rare cases of this product causing a serious allergic reaction. This can occur within minutes of use. **Call 911 if you have any of these:**

- wheezing or trouble breathing
- swelling of the face
- hives
- severe rash
- shock.

Skin cleansing steps

- 1 Using the first cloth, **wipe your neck and chest.**
- 2 Using the second cloth, **wipe both arms.** Start at your shoulder and end at the fingertips. Be sure to wipe well under each arm and in the armpit areas.
- 3 Using the third cloth, **wipe your right and left hip, then your groin.** Be sure to wipe any folds in the stomach and groin areas.
- 4 Using the fourth cloth, **wipe both legs.** Start at the thigh and end at the toes. Be sure to wipe the front and back of each leg.
- 5 Using the fifth cloth, **wipe your back.** Start at your neck and end at the buttocks.
- 6 Using the sixth (last) cloth, **rewipe the surgery area.**



© Allina Health System

The numbered areas in the drawing show where to cleanse your body using each of the cleansing cloths. The numbers in the text above give you more details on how to cleanse your body.