



- **You** are an important part of your recovery.
- One of the most important factors to your recovery is **Infection Prevention**.
- Patients who get a surgical site infection have a longer length of stay in the hospital and are six times more likely to get readmitted with complications from the infection.
- **During the discharge phase of care, you will be given 5-bottles of Chlorhexidine Gluconate (CHG), disposable cloths, and CHG compatible lotion by your discharge nurse.**
- You must be diligent with daily hygiene practices. Follow the postop wound care instructions, your daily CHG showers, in addition....
-remember to **clean the inside of your nose with Nozin nasal sanitizer every 12 hours** until your post-op visit.

Incision Care

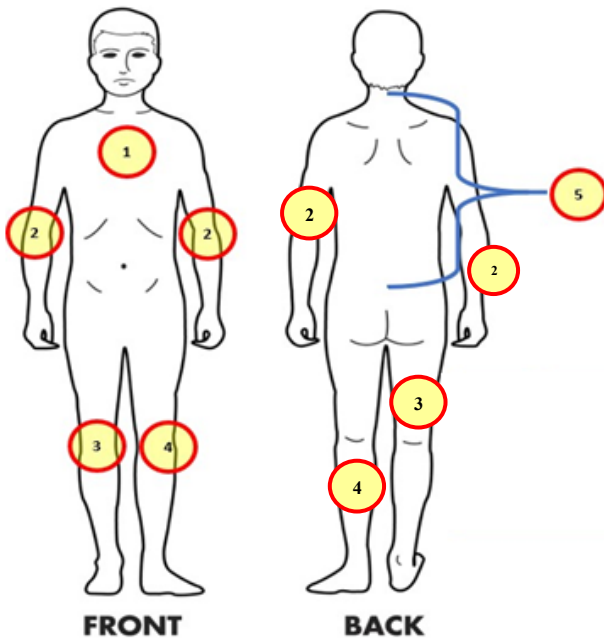
1. Follow your instructions on your discharge paperwork for incision and dressing care.
2. A simple visual check should be all that is needed each day to assess for **signs and symptoms of infection** (such as **drainage, redness, tenderness, or swelling**).
3. Notify the office immediately for any concerns or signs and symptoms of infection.
4. Keep wound clean and dry.
5. If you have steri-strips, they will fall off on their own.
6. Do NOT manipulate (pick or probe) your incision in any way.
7. Keep incision out of direct sunlight.

Skin Care

1. **NO tub bathing** for at least four weeks after surgery and cleared by your surgeon.
2. You may take a shower if your incision is not draining.
3. Do not scrub the incision.
4. **Important: You must shower with Chlorhexidine Gluconate (CHG) 4% solution daily x 5 days after discharge from hospital. If you are allergic to CHG please request Theraworx® Protect. GBMC is sending you home with a sufficient supply for your post-op needs. Use 1-bottle each day for 5 days, 6 cloths with every shower (see diagram).**
5. Do NOT actively clean your incision unless you are specifically instructed to do so.
6. Do NOT use the CHG solution on your face, eyes, ears, mouth, nose, or genitals.
7. Dry completely with a fresh towel after every CHG shower.
8. Do NOT use ointments, lotions, Vaseline, or moisturizers on your **incision**.
9. **GBMC CHG Compatible Lotion** is the only moisturizer to use during the 5-days on your skin, **do not use on your incision this or any other lotions/creams/ointments.**



CHG 4% Skin Scrub (Daily Skin Care)	
	1. Do not use Chlorhexidine Gluconate (CHG) if you are allergic to CHG . If you are allergic to CHG please request Theraworx® Protect.
	2. When cleaning with CHG, avoid contact with your eyes, ears, mouth, and genitals. If CHG solution should contact these areas, rinse out promptly and thoroughly with water. <ul style="list-style-type: none"> • Use soap and water to clean these areas.
	3. Thoroughly wash body with soap, shampoo, and rinse.
	4. Turn off shower.
	5. Apply the CHG solution to the disposable cloths, lather the body with the CHG according to the diagram below.
	6. See diagram for areas to clean with CHG 4% solution (cloths 1-5)
	7. Allow the solution to rest on skin for 2-5 minutes.
	8. Turn on shower and rinse with water only.
	9. Dry with a new clean towel after every CHG shower



Lather the body with the CHG using cloths 1-5:

1: Neck, chest, and stomach

2: Both arms (front and back), arm pits, hands, and fingers

3 & 4: Both legs, feet, and toes

5: Back of neck, back, and shoulders

*****DO NOT SCRUB or SOAK your surgical site!**


KEEP Surgical DRESSING CLEAN AND DRY***

Nozin
NASAL SANITIZER

Nozin® Nasal Sanitizer® Multidose 12ML Bottle
How to Apply


Clean nostrils with a tissue. Discard.

1. Shake




Shake bottle well.
Remove cap.

2. Saturate




Apply four (4) drops of solution onto cotton swab tip.

3. Apply




Insert swab tip into **RIGHT** nostril. Swab eight (8) times clockwise and eight (8) times counterclockwise.

4. Swab




Ensure swab rotation covers all surfaces, including the inside tip of the nostril.

5. Saturate Again



Re-saturate the swab tip by applying two (2) drops of solution.

6. Apply Left Nostril



Repeat application steps 3-4 in the **LEFT** nostril.

Do not use if you have allergy to citrus oil, or you have nasal bleeding or irritation.
Irritated (due to Nozin® Nasal Sanitizer®) is a topical antiseptic used to decrease bacteria on the nasal vestibule skin.
Active ingredients: Alcohol 62%
Precautions: Do not extend applicator into nose beyond swab tip.
Please also refer to instructions for use (IFU), product package and Nozin.com.

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