



# BEFORE SURGERY

## Preparing the Skin Checklist

### - ADULT & CHILD

If your surgeon has provided you with skin prep cloths, please review the "Preparing the Skin Checklist." These cloths contain an antiseptic called Chlorhexidine Gluconate (CHG), which will clean your skin before surgery and help prevent infection at the surgical site.

#### Important Information

- For **pediatric patients**, please consult with your surgeon for skin prep instructions.
- You will do this skin cleaning **the night before and the morning of surgery**.
- **DO NOT** let the cloth touch your eyes, ears, mouth, genital and rectal areas and colostomy, if you have one.
- **DO NOT** flush the cloths down the toilet as they will clog pipes.
- **DO NOT** shave any areas of the body below the neck, at least 7 days before surgery.
- **DO NOT** microwave cloths. Closed packages containing cloths may be warmed by soaking in warm water.
- **DO NOT** rinse or use any lotions, powders, deodorant or make-up after preparing skin.
- Use the cloths on cool, dry skin.

#### Directions on How to Use the CHG Cloths

- Take a shower. Let your skin dry completely. Then use cloths.
- Each package contains 2 CHG cloths. Open all three packets of CHG.
- Gently wipe each body area very well with a back and forth motion. Use one cloth for each body area (see diagram on next page).
- USE ALL 6 CLOTHS.
- It is normal for the skin to have a temporary "tacky" or "sticky" or mildly itchy feel for several minutes after you use the cloths.
- **After using the cloths, allow area to air dry for one minute. Do not rinse.**
- Dress in clean clothes or sleepwear.

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## BEFORE SURGERY

### ✓ Preparing the Skin Checklist - ADULT & CHILD

#### Cleaning

Night Before  
 Morning of

Check-off each box, as you complete cleaning each area of the skin.

**Cloth #1** Start with your neck, moving down to the chest. When your chest is done, start at the shoulder of each arm and end at your fingertips. Be sure to wipe your armpits.

**Cloth #2** Start at your belly and move down to your right and left hips, followed by your groin. \*Be sure to wipe any creases or folds in your belly or groin areas. (**DO NOT** use this cloth to clean your genital area.)

**Cloth #3** This cloth is for the front of both legs. Start at the top of your thighs and work your way down to your toes. Be sure to clean your feet and between your toes.

**Cloth #4** Start at the back of the neck and clean down, toward mid-back, and then start at each back side of the shoulder and clean down to hands.

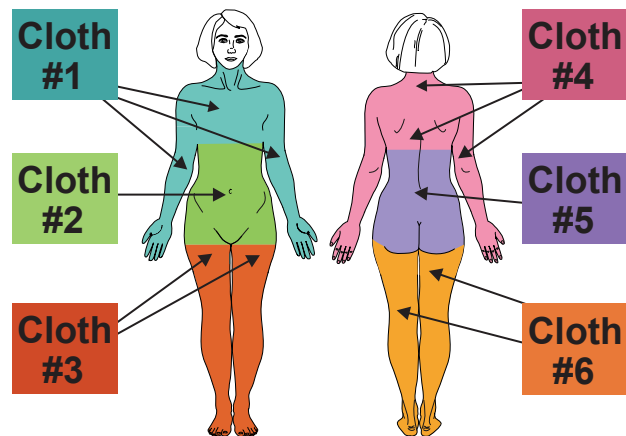
Night Before  
 Morning of

Check-off each box, as you complete cleaning each area of the skin.

**Cloth #5** Start at your mid-back and move down to lower back. (**DO NOT** use this cloth to clean your genital area). Move to the right and left hip.

**Cloth #6** This cloth is for the back of both legs. Start right below the buttocks; move down, behind the knees and calves, ending at your heels.

Use diagram below for visual aid



# BEFORE SURGERY

## Pain Management - ADULT & CHILD



When recovering from surgery, you may experience pain, but there are ways to manage your discomfort. **Being prepared helps put you in control.**

### Ask Questions

Ask your doctor or nurse what to expect after surgery. You may want to write down your questions before you meet with your doctor or nurse.

- Will there be much pain after surgery?
- Where will the pain occur?
- How long will the pain last?
- What are the side effects?

### Discuss Your Options

Tell your doctor or nurse about:

- Pain control methods that have worked well or did not work well for you before.
- Concerns you have about pain medicine.
- Allergies to medicines.
- Medicines you take for other health problems. The doctors and nurses need to know because mixing some drugs with certain pain medicines can cause problems.

**There are many ways to control your pain that do not involve medicine:**

- Relaxation or deep breathing.
- Visualization - think positive, healing thoughts.
- Distraction - watch TV, listen to music, read.
- Adjusting your body position.



# BEFORE SURGERY

## What To Bring/Wear - ADULT

We advise that you DO NOT bring any large amount of cash or valuables such as electronic devices and jewelry. We are not responsible for the loss of your personal items. If someone accompanies you on the day of your surgery/procedure, they may be given your valuable items to hold.

### What To Bring/Wear

- Kaiser Permanente card
- Photo ID (Driver's license, passport, government issued identification card)
- The name of the person who will drive you home and their phone number
- The name of your caregiver
- Credit card, debit card, enough cash or a check to make any co-payments that may be due the day of your surgery/procedure
- A copy of your completed Advance Directive
- Please wear comfortable clothes that can be changed easily

### What NOT To Bring/Wear

- Any jewelry (including body piercings)
- Extra or large amount of cash
- Face lotion (moisturizer, sunscreen, etc.)
- Cologne/Perfume
- If you wear contact lenses, glasses, dentures or hearing aids, you may bring them. Please make sure to bring their protective case and be prepared to remove them before surgery.
- Body lotion
- Hairpins
- Deodorant
- Makeup
- Hair products (gel, mousse, oil, hairspray, etc.) **These items could be flammable.**



# BEFORE SURGERY

## What To Bring/Wear - CHILD

A parent or legal guardian must accompany your child to the hospital. We advise that you DO NOT bring any valuables such as electronic devices and jewelry. We are not responsible for the loss of your child's personal items. If someone, other than yourself accompanies your child on the day of their surgery/procedure, they may be given their valuable items to hold.

### What To Bring/Wear

- Your child's Kaiser Permanente card
- If your child wears contact lenses, eyeglasses, or hearing aids, you may bring them. Please make sure to bring their protective case and be prepared to remove them before surgery
- You may bring any comforting items (toys, books, blankets) to soothe your child before surgery
- Please have them wear comfortable clothes that can be changed easily

### What NOT To Bring/Wear

- Any jewelry (including body piercings)
- Face lotion (moisturizer, sunscreen, etc.)
- Body lotion
- Hairpins
- Hair products (gel, mousse, oil, hairspray, etc.)  
**These items could be flammable.**

A parent or guardian will need to be with the child having surgery. We ask that you do not bring additional children under the age of 12 unless there is another adult to care for them.