

# U diyaarinta Maqaarkaaga Qaliinka

## Getting Your Skin Ready for Surgery

You are scheduled to have surgery. To decrease your risk of infection, you will need to get your skin as free of germs as possible. You can reduce the number of germs on your skin by carefully washing with a special soap called **chlorhexidine gluconate (CHG)** before surgery.

Waxaa lagu qabtay balan si laguugu sameeyo qaliin. Si loo yareeyo halista aad ugu jirto caabuq, waxaad u baahan tahay in maqaarkaaga aad kaga ilaaliso jeermis sida ugu macquulsan. Waxaad yareyn kartaa tirada jeermisyada kujira maqaarkaaga adigoo si taxadar leh ugu dhaqaaya saabuun qaas ah oo loo yaqaan **chlorhexidine gluconate (CHG)** kahor qaliinka.

### Follow These Instructions

- **You may be given or you will need to buy CHG soap or foam.** You will need an 8-ounce (236 mL) bottle. The soap is sold under the brand name **Hibiclens**, or there may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies.
- **Do not shave the site** where your doctor will be making the cut for your surgery for **one week before surgery**.
- **You need to shower with CHG soap or foam two times before your surgery:**
  - › The night before your surgery
  - › Again, the morning of your surgery
- **Use 4 ounces (½ cup or 118 mL) of CHG soap or 4 to 5 pumps of CHG foam each time you shower.**

### Raac Tilmaamahaan

- **Waa lagu siin karaa ama waxaad soo gadan kartaa saabuunta CHG ama suufka uburka bixiya.** Waxaad u baahan doontaa 8-ounce (236 mL) oo dhalo ah. Saabuun waxaa lagu gadaa magac ganacsiyeed loo yaqaan **Hibiclens**, ama waxaa jira kara nooc kale oo qiimo jaban lagana helaayo baqaarada. Waydii dhaqtarka meesha aad ka heli karto baqaarka lagu gado. Badanaa waxaa gargaarka caafimaad ee koowaad.
- **Ha xiirin meesha** dhaqtarkaagu kaa goyn doono marka uu qaliinka sameynaayo **hal asbuuc kahor qaliinka**.
- **Waxaad u baahan doontaa inaad ku qubeysato saabuunta CHG ama suufka uburka leh labo jeer qaliinkaaga kahor:**
  - › Habeenka ka horeeya qaliinka:
  - › Mar labaad, subaxnimada qaliinka
- **Isticmaal 4 ounces (½ oo koob ama 118 mL) oo ah saabuunta CHG ama 4 ilaa 5 oo ah suufka uburka leh mar kasta oo aad qubeysanayso.**

## How to Shower with CHG Soap or Foam

1. Start by washing your hair with your normal shampoo and wash your body with regular soap. Rinse your hair and body well to remove any shampoo or soap that might be on your skin.
2. Wet a clean washcloth. Turn off the shower.
3. Apply some CHG soap or foam to the wet washcloth.
4. Use the washcloth to wash your whole body **from the neck down only**. Do not use CHG soap or foam on your face and be careful not to get it in your eyes, nose, mouth or ears.
  - CHG soap does not lather well.
  - **Keep adding more CHG to the washcloth and continue to wash for 5 minutes.** Use 4 ounces (½ cup or 118 mL) of CHG soap or 4 to 5 pumps of CHG foam each time you shower.
  - Pay special attention to the part of your body where the surgery will be done.
  - Be sure to wash the back of your neck and under your arms. Wash your belly button, groin and legs down to your toes.
  - Do not scrub too hard.
5. Turn on the shower and rinse your whole body well. **Do not** wash with regular soap after you have used CHG soap or foam.

## Sida loogu qubeysto saabuunta CHG ama suufka uburka leh

1. Ku billoow inaad timahaaga ku dhaqdo shaambada caadiga ah kuna dhaq jirkaaga saabuunta caadiga. Si fiican u biyo raaci jirkaaga iyo timahaaga si aad oga dhameyso shambaada ama suubuunta kujiri karta maqaarkaaga.
2. Qooy marada wax lagu nadiifiyo. Dami shaawarka.
3. Isticmaal qaar kamid ah saabuunta CHG ama mida uburka leh si aad ugu qoyso marada jirka lagu nadiifiyo.
4. Isticmaal marada jirka lagu nadiifiyo si aad ugu dhaqdo dhammaan jirkaaga **qoorta illaa inta dambe oo kaliya**. Wajigaaga ha marin saabuunta CHG ama suufka uburka leh iskana ilaali inay kaa gaaraan ildhaha, sanko, afka ama dhegaha.
  - Saabuunta CHG si fiican ubur uma sameyso.
  - **Joogtee inaad CHG badan ku darto dharka qubeyska si aad ugu sii dhaqdo 5 daqiiqo.** Isticmaal 4 ounces (½ oo koob ama 118 mL) oo ah saabuunta CHG ama 4 ilaa 5 oo ah suufka uburka leh mar kasta oo aad qubeysanayso.
  - Ka taxadar meesha jirkaaga looga samayn doono qaliinka.
  - Hubi inaad dhaqdid gadaasha qoorta meesha ka hooseysa gacmahaaga. Dhaq hoosta calooshaada, gumaarkaaga iyo lugaha illaa faraha.
  - Si aad ah ha iskugu xoqin.
5. Fur shaawarka si fiicana u biyo raaci dhammaan jirkaaga. **Haku dhaqin** saabuunta caadiga ah kadib marka aad isticmaasho saabuunta CHG ama suufka uburka leh.

6. Pat yourself dry with a clean towel.
7. Put on clean clothes.

**Be sure to take a second shower with CHG soap or foam the morning of your surgery.** When you finish showering on the morning of surgery, **do not** use any powders, deodorants, lotions, make-up, hairspray or other products.

### **If you are having surgery on your scalp:**

Your doctor may ask you to wash your hair with CHG soap or foam each time you shower. Wash your hair as marked:

- Wash your hair with CHG soap or foam each time you shower.** First, wash your hair with regular shampoo and rinse it well with water. Then, put a large amount of CHG into your palm and work it through your hair and scalp. It will not lather like shampoo. Keep the CHG soap or foam away from your eyes and ears. Rinse with clean water. If you get the CHG soap or foam in your eyes or ears, rinse them well.
- Do not wash your hair with CHG soap or foam each time you shower.** Shower and wash with the CHG soap or foam from the neck down only.

### **If you are not able to shower:**

If you do not have a shower or you are not able to get into a shower, do a sponge bath each time to clean your body. Do not use CHG soap or foam on your hair unless you are told to do so by your doctor.

6. Isku qalaji shukumaan nadiif ah.
7. Gasho dhar nadiif ah.

**Hubi inaad qaadato qubeys kale adoo isticmaalaya saabuunta CHG ama suufka uburka leh subaxda qaliinka.** Marka aad dhameeyso qubeysashada subaxda qaliinka, **Ha** isticmaalin wax boodhar ah, waxyaabaha carafta leh, kareem, mayu aap, waxyaabaha timaha ama waxyaabo kale.

### **Haddii aad qaliin ka mareyso maqaarka madaxaaga:**

Dhaqtarkaagu waxa uu ku waydiin doonaa inaad timahaaga ku dhaqdo saabuunta CHG ama suufka uburta leh mar kasta oo aad qubeysaneyso. U dhaq timahaaga sida tilmaamuhu yihiin:

- Timahaaga ku dhaq saabuunta CHG ama suufka uburta leh mar kasta oo aad qubeysaneyso.** Marka koowaad, ku dhaq timahaaga saabuun caadi ah kana biyo raaci. Markaas kadib, calaacashaada ku shub cadad CHG oo badan si guudna u mari timahaaga iyo maqaarka calaacasha. Ubur uma bixineyso sida shaambada. Ka ilaali saabuunta CHG ama suufka uburta leh indhahaaga iyo dhegahaaga. Ku biyo raaci biyo nadiif ah. Haddii aad ku aragto saabuunta CHG ama ubur dhagahaaga ama indhahaaga, si fiican u biyo raaci.
- Haku dhaqin timahaaga saabuunta CHG ama suufka uburta leh mar kasta oo aad qubeysaneyso.** Saabuunta CHG ama mida uburta leh ku dhaq wixii ka hooseeya qoorta oo kaliya.

### **Haddii aadan awoodin inaad qubeysato:**

Haddii aadan qubeysan ama aadan awoodin inaad qubeysato, samee qubeyska marada la ismariyo markasta oo aad jirkaaga dhaqeyso. Timahaaga ha u isticmaalin saabuunta CHG ama mida uburta leh illaa uu sidaas dhaqtar kuu sheego mahee.

**How to take a sponge bath:**

1. First, bathe with a clean washcloth, water and regular soap. Rinse well with clean water.
2. Then, get a clean washcloth and wet it with clean water.
3. Apply some CHG soap or foam to the wet washcloth.
4. Use the washcloth to wash your whole body from the neck down. Keep adding more CHG and continue to wash for 5 minutes.
5. Rinse well with another clean washcloth and clean water.
6. Pat yourself dry with a clean towel.
7. Put on clean clothes.

**If you have any questions about cleaning your skin, call your doctor's office.**

**Sida loo sameeyo qubeyska marada la isku tirtiro:**

1. Marka koowaad, ku qubeyso maro nadiif ah, biyo iyo saabuunta caadiga ah. Iskaga biyo raaci biyo nadiif ah.
2. Markaas kadib, sooqaado maro nadiif ah kuna qooy biyo nadiif ah.
3. Isticmaal qaar kamid ah saabuunta CHG ama mida uburka leh si aad ugu qoyso marada jirka lagu nadiifiyo.
4. Isticmaal marada jirka lagu nadiifiyo si aad ugu dhaqdo dhammaan jirkaaga qoorta wixii ka danbeeya. Joogtee inaad CHG badan ku darto siina wad inaad ku dhaqdo 5 daqiiqo.
5. Ku biyo raaci maro kale oo nadiif ah iyo biyo nadiif ah.
6. Isku qalaji shukumaan nadiif ah.
7. Gasho dhar nadiif ah.

**Haddii aad qabto wax su'aal ah oo ku saabsan maqaarkaaga, wac xaafiiska dhaqtarkaaga.**