

**The fight against infection  
starts at home.**



**HIBICLENS®**

 **MÖLNLYCKE®  
HEALTH CARE**

## What is a surgical site infection?



There are many microorganisms (germs) that live on our skin and in the environment around us. Very few of these microorganisms are harmful, and our skin protects us from them.

- A surgical site infection, or SSI, is an infection that occurs after surgery in the part of the body where the surgery took place.<sup>1</sup>
- Most patients do not develop an infection. Most are not serious and involve only the skin; however, some can become serious if they spread to deeper tissues and organs.

## How do I recognize an SSI?<sup>1</sup>

It is important that you are able to recognize an SSI if one should occur. Inform your healthcare team immediately if you develop one or more of the following symptoms:



■ **Redness and pain around the area where you had surgery.**



■ **Drainage of cloudy fluid from your surgical wound.**



■ **Fever or a feeling of malaise.**

## How can I reduce the risk of getting an SSI?<sup>1</sup>



The good news is that a majority of SSIs are preventable. There are many steps you and your healthcare team can take before, during, and after surgery to help to reduce the risk of an infection.

### Preventing SSIs before surgery.

- Centers for Disease Control and Association of Perioperative Nurses recommend showering or bathing with an antiseptic skin cleanser to reduce the germ count on your skin.<sup>2,3</sup>
- Do not shave your surgery site. This can increase the risk of infection. Your healthcare team will remove any hair, if needed.
- Inform your healthcare team about any medical issues that you may have, including infections.
- If you are a diabetic, keep your blood sugar under control. High blood sugar increases your chances of getting an SSI.
- For some operations with a higher risk of infection, you may be given antibiotics before surgery as a preventative measure.
- Stop smoking. Smoking increases your chances of getting an SSI and pneumonia.

## Preventing SSIs during surgery.<sup>1</sup>



Your healthcare team will minimize the risk of infection during surgery by:

- Washing their hands thoroughly.
- Removing any jewelry, nail polish, and false nails.
- Wearing sterile surgical gowns and gloves.
- Cleaning your skin with an antiseptic.

At the end of the operation, your wound should be covered with a dressing that aids healing and protects it from infection.

## Preventing SSIs following surgery.<sup>1</sup>



- Follow your healthcare team's instructions for proper wound care. Do not touch your surgery site with anything that is not clean. Family and friends should not touch the surgical wound or dressings.

- All visitors should clean their hands with soap and water or an antiseptic, such as HIBICLENS, before and after visiting you. This rule applies for everyone, including your surgeon, nurse, family, or friends.

- **If you have any symptoms of an infection, call your doctor immediately.**

## HIBICLENS® helps prevent infections.

- HIBICLENS contains a fast-acting antiseptic, chlorhexidine gluconate (CHG), which kills most germs upon contact.<sup>4</sup>
- The active ingredient in HIBICLENS safely binds to the skin<sup>5</sup> and continues to kill germs for up to 24 hours.<sup>6</sup>
- HIBICLENS has a cumulative effect, and the antibacterial protection grows greater with repeated use.<sup>7</sup>



## When you shower:

If you plan to wash your hair, do so with your regular shampoo. Then rinse hair and body thoroughly to remove any shampoo residue.

- Wash your face with water or your regular soap.



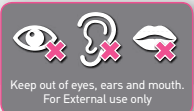
Thoroughly rinse your body with water from the neck down.



Apply HIBICLENS directly on your skin or on a wet washcloth and wash gently. Move away from the shower stream when applying HIBICLENS to ensure the CHG binds to the skin.



Rinse thoroughly.



Do not use your regular soap after applying and rinsing HIBICLENS. Do not apply any lotions, deodorants, powders, or perfumes to the body areas that have been cleaned with HIBICLENS.

Please see HIBICLENS label for full warnings and directions.

# HIBICLENS®

part of your everyday routine.

Daily skin cleansing with HIBICLENS helps kill and remove germs that may cause infection.

HIBICLENS is:

- As simple and easy to use as any liquid soap.
- Gentle on the skin,<sup>8</sup> making it acceptable for repeated daily use.
- Easily washed off, leaving no sticky residue.



## Warnings

For external use only.

## Do not use

- if you are allergic to chlorhexidine gluconate or any other ingredient in this preparation.
- as a patient preoperative skin preparation of the head or face.
- in contact with the meninges.
- in the genital area.
- on wounds that involve more than the superficial layers of skin.

## When using this product

- keep out of eyes, ears, and mouth. May cause serious and permanent eye injury if placed or kept in the eye during surgical procedures, or may cause deafness when instilled in the middle ear through perforated eardrums.
- if contact occurs in any of these areas, rinse with cold water right away.

**References:** 1. CDC [www.cdc.gov/HAI/ssi/faq-ssi.html](http://www.cdc.gov/HAI/ssi/faq-ssi.html) 2. Mangram AJ, Horan TC, Pearson ML, Silver LC, Jarvis WR. Guideline for prevention of surgical site. *Infect Control Hosp Epidemiol.* 1999 Apr;20(4):250-78. 3. Recommended Practices for Perioperative Patient Skin Antisepsis. AORN Perioperative Standards and Recommended Practices 2012. 4. Paulson, DS. Comparative Evaluation of Five Surgical Hand Scrub Preparations. *AORN Journal* 1994, Vol 60 No 2:246-256. 5. Pieters, PC et al. *Venous Catheters: A practical manual.* Thieme Medical Publishers, Inc 2003. P22. 6. MBT Study No. 582-106, Study Protocol # 582.1.11.12.12. 7. Paulson, DS. Persistent and residual Antimicrobial Effects: Are they important in the Clinical Setting? *Infection Control Today* 2005; Vol 9, No4. 8. Data on file. Mölnlycke Health Care. Study R05-0225.



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