

Preparing your skin before Vascular surgery

Introduction

This leaflet explains why you need to use an antimicrobial wash called Octenisan® before your vascular operation and how to use it.

The reason for using Octenisan® wash

It is important to wash your skin before surgery to make sure that it is as clean as it can be. Using Octenisan® antimicrobial wash will help reduce the amount of bacteria that is normally found on the skin. It will also help to reduce the risk of you having a wound infection after surgery.

How to use the Octenisan® wash

You will be given a bottle of Octenisan® wash solution. The bottle contains more than enough solution for 2 washes.

The evening before surgery:

Step 1: Wet your skin and hair.

Step 2: Apply a small amount of the Octenisan® wash directly onto wet hair and massage in. If you are unable to wash your hair, please use the wash around your hairline.

- Step 3:** Apply enough of the Octenisan® wash undiluted onto a damp wash cloth as needed for each area of your body starting with your face, avoiding your eyes and mouth. Then work downwards from your neck, paying attention to the armpits, groin and perineum (area of skin between your anus and genitals) and any skin folds in the stomach. Leave the Octenisan® wash on your hair and skin for the recommended contact time of 1 minute.
- Step 4:** Rinse off with water.
- Step 5:** Dry yourself with a **clean** towel.
- Step 6:** **Put on clean clothing and make sure your bedding is clean before going to bed.**

The morning of your surgery

- Step 1:** Wet your skin.
- Step 2:** You do not need to wash your hair again. Apply enough of the Octenisan® wash undiluted onto a damp wash cloth as needed for each area of your body starting with your face, avoiding your eyes and mouth. Then work downwards from your neck, paying attention to the armpits, groin and perineum (area of skin between your anus and genitals) and any skin folds in the stomach.

Leave the Octenisan® wash on your skin for the recommended contact time of 1 minute.

Step 3: Rinse off with water.

Step 4: Dry yourself with a **clean** towel.

Step 5: **Put on clean clothing.**

Allergic reactions

As allergic reactions can never be fully ruled out, the Octenisan® wash should not be used if you have known or suspected allergies to any of its ingredients. Please read the label carefully before using Octenisan®.

Please get urgent medical advice by calling 999 if you have the following symptoms after using the antimicrobial wash:

- Breathing difficulties
- Swelling of the lips or tongue or throat

If you develop a rash, stop using the wash and contact your GP for advice.

If the Octenisan® wash splashes in your eyes, you should flush the eyes with water. If eye irritation persists, seek medical advice from your GP or NHS 111.

If the Octenisan® wash is swallowed, do NOT induce vomiting. Seek medical advice from your GP or NHS 111. You can contact NHS 111 by dialling 111.

In an emergency you must call 999. It is important to tell the doctor or nurse that you have recently used Octenisan® wash and take the bottle with you, if possible.

Storage information

Store the Octenisan® wash at room temperature in the original container, away from heat or direct sunlight. The recommended storage temperature is 15 to 25°C.

If you have any problems using the Octenisan® wash, please use your usual hair shampoo and soap or body wash. You should follow the procedure set out in this leaflet and let your nurse know on arrival at the hospital.

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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