Dear patient,

Soon you will be operated in our hospital. We constantly strive to make your stay with us as safe as possible. This includes prevention of hospital infections. You yourself can make an important contribution in this case, carrying out two steps listed below. The aim of these actions is to kill bacteria on the skin and in the nose, which contribute to hospital infections (e.g., wound infections). This is done by a full body wash and use of nasal gel. For the body wash, please use an antibacterial agent – **wet wipes octenisan®-Waschhandschuhe**. The product does not contain alcohol.

### What you have to do before the surgery?

#### BODY

**octenisan® Waschhandschuhe**

Wipe each region of the body with a clean tissue (two tissues in stock).

1. Open the package and take one tissue.
2. Use first moist tissue wipe the face, neck and chest.
3. Use second tissue to wipe your right hand and armpit area.
4. Use third tissue for the left hand and left armpit area.
5. Use fourth napkin to disinfect the stomach and lower abdomen.
6. Cleanse your right leg with the fifth moist towel.
7. Wipe your left leg with the sixth tissue.
8. Use seventh napkin to disinfect your back.
9. Use eighth wipe to disinfect the rear lower abdomen.

**In case you want to take a shower, always use the octenisan®-Waschhandschuhe wipe after the shower!**

#### NOSTRILS

**octenisan® Nasengel**

- three times a day
- with a cotton swab smear a small amount of gel (in the size of a pea) into the nostrils
- do not enter the gel too deep in the nose
- distribute the gel throughout the nasal cavity

**Necessary to consider:**

- **The body wash** must be implemented **1x in the evening of the day before the surgery and 1x in the morning of the surgery day**
- **Nasal gel** must be applied **3x a day before the surgery and 1x in the morning of the surgery day**
- Please do not use any personal body care products during this time (creams, lotions, etc.)

**Please bring the remaining wipes + nasal gel with you to the hospital!**

After the surgery all further actions will be carried out by you or medical staff.