SKIN AND NASAL PREPARATION BEFORE SURGERY

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgical site. To make the process easier, this facility has chosen disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution. The steps below outline the prepping process and should be carefully followed.

Prep the skin at the following times (Once prepping begins, do not apply lotions, powder, moisturizers or makeup):

The night before surgery. Date: ______________

✓ At least one hour before you prep your skin for the first time, please take a shower as well as shampoo your hair using your own soap and hair products.
✓ Do not allow this product to come in contact with your eyes, ears, mouth and mucous membranes.
✓ Use 1 large package (which contains 3 smaller packages with 2 cloths each) for a total of 6 cloths per large package. Use one clean cloth to completely wet the areas marked below in the order marked.
✓ Scrub your skin in a circular motion over marked area for 3 minutes and discard the used cloth.
✓ Use second cloth to completely scrub the second marked area.
✓ Continue to use a fresh cloth (a total of six) to complete full body and neck (not face) prep.
✓ After scrubbing is completed, allow area to air dry for one minute.
✓ DO NOT RINSE. It is normal for the skin to feel temporarily sticky for several minutes.
✓ Sleep in clean pajamas and bedding.

The morning of surgery, at home

✓ Repeat the process as above but do not take a shower or bath.

Nose Preparation:

Bactroban (Mupirocin) anti-bacterial ointment used to rid nasal passages of bacteria. Start date: ______________

✓ Apply a small amount on a Q-tip and swab Q-tip inside each nostril. Spread the medication by repeatedly pressing and releasing sides of nose for one minute. Repeat application twice daily, starting 5 days before surgery and morning of surgery.
**What is blood?**

Blood consists of red blood cells, platelets, plasma and white blood cells.

- Red blood cells carry oxygen to all parts of the body
- Platelets are needed to help blood clot and prevent hemorrhages
- Plasma contains blood clotting factors and immune complexes that regulate body functions
- White blood cells fight infection

When someone needs a blood transfusion, they usually get only one of these blood components at a time.

**Why should I donate blood?**

- It’s easy and relatively painless
- It’s an opportunity for you to share your good health with others
- People undergoing treatment for cancer, trauma, heart surgery, and other types of critical conditions rely on volunteer blood donors, like you, to make sure blood is ready and available at Hoag, when they need it most
- There is no substitute for blood - the human body is our only source
- Every time you leave our donor center, you will leave knowing you have saved a life

**Types of Blood Donation**

There are two different types of blood donation. One type of donation procedure is called whole blood donation and the other type of donation procedure is called apheresis.

**Whole Blood Donation is the process used to collect red blood cells.**

Donors determined eligible to donate, will undergo the process of donating approximately 16 ounces of whole blood. Specially trained and highly skilled medical staff perform the blood collection procedure, which takes about 7-10 minutes.

**Apheresis is the process used to collect platelets and plasma.**

Machines called cell separators are used, making it possible to remove only the platelets and/or plasma that is needed, from the blood. The blood components not needed, are returned to the donor.

Specially trained and highly skilled medical staff perform the apheresis collection procedure, which takes about 1½ hours.

**Is donating blood safe?**

There is no risk of getting AIDS or other diseases when giving whole blood or apheresis blood components. Sterile, single use disposable needles, blood collection tubing and collection bags are used.

Registered nurses and other medical staff who are specially trained in blood collection will remain with you during the entire donation process.

**Are there any side effects?**

Side effects as the result of blood donation are rare. The donor center nursing staff will educate you on any potential side effects that can possibly be experienced.

Healthy people have an excess supply of red blood cells, platelets and plasma. The donated platelets begin to replenish immediately and are completely replenished in just 2 days. Red blood cells are replenished within 56 days.
**Blood Donor Criteria:**
- Be in overall good health
- Must be at least 17 years old
- Weigh at least 110 pounds
- Have no history of Hepatitis (after age 11) or AIDS
- No tattooing within the past 12 months

There are some medical conditions and medications that can temporarily or permanently keep you from giving blood. If you have questions regarding your eligibility, please, give us a call.

**On the Day of Donation, Blood Donors Must:**
- Bring a photo ID with you to Hoag Blood Donor Services
- Be free of any illness or infection
- Eat a good meal within a few hours of donating
- Not have taken any aspirin, aspirin containing products or ibuprofen within 48 hours of donating platelet apheresis products

**When You Come To Donate:**
- You will be given blood donor education materials to review
- We will ask you questions about your medical and travel history
- We will check your temperature, blood pressure, pulse, and hemoglobin level
- The donor center staff will collect whole blood or platelets from your arm while you watch television or a movie, read a book, or just relax
- After donating we will have you rest for about 20 minutes
- You will receive post donation instructions and refreshments before you leave
- The total donation process takes about 1 hour for whole blood donation and 2 hours for platelet donation

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**How can I become a blood donor for the patients at Hoag?**
To schedule an appointment, please email donateblood@hoag.org, or call 949/764-5621.

**Hoag Blood Donor Services**
510 Superior Ave., Suite 130, Newport Beach, CA 92663

**Appointment times available:**
- Monday & Thursday, from 9 a.m. - 6:45 p.m.
- Tuesday, Wednesday & Friday, from 9 a.m. - 4:30 p.m.

Follow us on:  

For more information:
Hoag.org/donate-blood

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![Hoag Blood Donor Services Map](image)
<table>
<thead>
<tr>
<th>Name of Herb</th>
<th>Common Uses</th>
<th>Possible Side Effects or Drug Interactions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Echinacea</strong></td>
<td>Boosts the immune system and helps fight colds and flu; aids wound healing.</td>
<td>May cause inflammation of the liver if used with certain other medications such as anabolic steroids, methotrexate or others.</td>
</tr>
<tr>
<td><strong>Ephedra</strong> (also called Ma-Huang)</td>
<td>Used in many over-the-counter diet aids as an appetite suppressant; also for asthma or bronchitis.</td>
<td>May interact with certain antidepressant medications or certain high-blood pressure medicines to cause dangerous elevations in blood pressure or heart rate. Could cause death in certain individuals.</td>
</tr>
<tr>
<td><strong>Feverfew</strong></td>
<td>Used to ward off migraine headaches and for arthritis, rheumatic disease and allergies.</td>
<td>May increase bleeding, especially in patients already taking certain anticlotting medications.</td>
</tr>
<tr>
<td><strong>Ginkgo</strong> (also called ginkgo biloba)</td>
<td>For increasing blood circulation and oxygenation and for improving memory and mental alertness.</td>
<td>May increase bleeding, especially in patients already taking certain anticlotting medications.</td>
</tr>
<tr>
<td><strong>Garlic</strong></td>
<td>For lowering cholesterol, triglyceride levels and blood pressure.</td>
<td>May increase bleeding, especially in patients already taking certain anticlotting medications. May decrease effectiveness of certain AIDS-fighting drugs, e.g., saquinavir.</td>
</tr>
<tr>
<td><strong>Ginger</strong></td>
<td>For reducing nausea, vomiting and vertigo.</td>
<td>May increase bleeding, especially in patients already taking certain anticlotting medications.</td>
</tr>
<tr>
<td><strong>Goldenseal</strong></td>
<td>Used as a mild laxative and also reduces inflammation.</td>
<td>May increase the effects of certain anti-seizure medications and/or prolong the effects of certain anesthetics. May cause serious liver injury. May worsen the symptoms of Parkinson’s disease. Can enhance the effects of alcohol. May increase the risk of suicide for people with certain types of depression.</td>
</tr>
<tr>
<td><strong>Ginseng</strong></td>
<td>Increase physical stamina and mental concentration.</td>
<td>May increase bleeding, especially in patients already taking certain anticlotting medications. May see increased heart rate or high blood pressure. May cause bleeding in women after menopause.</td>
</tr>
<tr>
<td><strong>Licorice</strong></td>
<td>For treating stomach ulcers.</td>
<td>Certain licorice compounds may cause high blood pressure, swelling or electrolyte imbalance.</td>
</tr>
<tr>
<td><strong>Saw palmetto</strong></td>
<td>For enlarged prostate and urinary inflammation.</td>
<td>May see effects with other hormone therapies.</td>
</tr>
<tr>
<td><strong>St. John’s wort</strong></td>
<td>For mild to moderate depression or anxiety and sleep disorders.</td>
<td>May decrease effectiveness of all currently marketed HIV protease inhibitors and non-nucleoside reverse transcriptase inhibitors (powerful AIDS-fighting drugs). May possibly prolong effects of anesthesia (not proven). May unknowingly decrease levels of digoxin, a powerful heart medication.</td>
</tr>
<tr>
<td><strong>Valerian</strong></td>
<td>Mild sedative or sleep-aid; also a muscle relaxant.</td>
<td>May increase the effects of certain anti-seizure medications or prolong the effects of certain anesthetic agents.</td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>Used to prevent stroke and blood clots in the lungs. Also used to slow the aging process and for protection against environmental pollution.</td>
<td>May increase bleeding, especially in patients already taking certain anticlotting medications. May affect thyroid gland function in otherwise healthy individuals. In doses higher than 400IU per day, may cause problems with increased blood pressure in people who already have high blood pressure.</td>
</tr>
</tbody>
</table>

Herbal supplements need to be stopped 14 days before surgery.
Helpful Phone Numbers

**Cardiothoracic Surgeons**
(949) 650-3350
Aidan A. Raney, MD
Colin I. Joyo, MD
Anthony D. Caffarelli, MD

**Hoag Hospital**
(949) 764-HOAG (4624)

**Hoag Blood Donation Center**
(888) 538-6199

**Physician Assistants**
(949) 650-3350
William Fazzalaro, PA-C. FAPACVS
Jef Saunders, PA-C
Nayanna Hage, PA-C

**Resources for Insurance/Billing questions**
*Check with your own insurance company
*Diana Peca (Surgeon's Office)
(949) 650-0687
*Manny Perez (Hoag Hospital)
(949) 764-8271

**Heart & Vascular Center Nurses**
Karen O’Connell RN, MN, CCNS
(949) 764-6558
Karen.Oconnell@Hoag.org

Barbara Eklund-Horn BSN, RN
(949) 764-5725
Barbara.Eklund@Hoag.org

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Vivian Acevedo
Char Duplessis
Sarah Campbell

**Scheduling Surgery**
Sylvia Castillo
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