

Useful information

Hand decontamination is the most effective means of reducing your chances of getting an infection

Decontaminate your hands by washing with liquid soap or by using alcohol hand rub

Contact information

If you have any queries about these instructions please contact the pre-assessment clinic.



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Registration No. 03471084 ©Aspen Healthcare Ltd 2019



Issued March 2020 Version 1



Preparing your skin before surgery

Prontoderm® Foam



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

Introduction

This leaflet explains why we ask you to use Prontoderm® Foam and how to use it for the best effect before surgery. It also tells you about the risks involved with using the foam that you should be aware of.

Why do I need to use Prontoderm® foam?

It is important to prepare your skin before surgery to make sure that your skin is as clean as it can be and to reduce the amount of bacteria that is normally found on the skin. Using this foam after effective washing, may help reduce the risk of you having a wound infection after surgery.

Please follow the instructions for using the foam carefully.

Step 1	Each and every day, 4 days before your operation	Shower or bathe as normal followed by application of the foam. (See instructions opposite)
Step 2	The morning of your operation	Shower or bathe as normal followed by application of the foam. Pay particular attention to the area to be operated on. Then put on clean clothes.

	Day 1	Day 2	Day 3	Day 4	Day 5 AM- Day of surgery
Daily application of Foam	✓	✓	✓	✓	✓

How to use the foam

You can use the solution while taking a shower. Please follow these steps:

1. Shower or bathe as normal using your own products.
2. Wash your body and face paying particular attention to your hairline, around nostrils, under arms, navel (belly button), between the legs and groin.
3. Rinse then dry the skin thoroughly using a clean towel.
4. Apply a golf ball sized amount of Prontoderm® foam to each area for example arm, leg, chest etc.
5. Ensure full coverage and rub until dry

THERE IS NO NEED TO RINSE OFF THE FOAM

Precautions

For external use only.
Avoid contact with eyes and lips.
Avoid ingestion.
Dangerous to aquatic life

Allergic reactions

If you suffer from any of the following, please discontinue use and contact the pre-assessment clinic.

- A rash
- Skin irritation

If you suffer from any of the below, please seek urgent medical advice.

- Breathing difficulties
- Swelling of the lips, tongue and throat.

Advice can be sought from your GP or NHS 111.

In an emergency please contact the Emergency Services Tel: 999.