

Three Day Preoperative Shower with Chlorhexidine Gluconate (CHG)

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help ensure that your skin is clean before surgery.

IMPORTANT: You will need to shower with a special soap called Chlorhexidine Gluconate (CHG). A common brand name for this soap is Hibiclens, but any brand is acceptable to use. If for some reason you misplace the cleanser given to you, it can be purchased at your pharmacy.

If you are allergic to Chlorhexidine Gluconate, please let your nurse know.

CHILDREN ARE NOT TO USE UNSUPERVISED.

- Apply / Shower with CHG **twice a day** for **three days** prior to surgery and **morning of surgery** (7 showers).
- Place clean linens on your bed the day before surgery. Do not allow pets in the bed.
- **Do not shave** near your surgery site for 24 hours prior to surgery.
- It is not required that you wash your hair with each application/shower, but please wash hair at least once within 24 hours of your surgery. When washing hair, wash your hair as usual with your normal shampoo. Rinse your hair and body thoroughly after you shampoo to remove all shampoo residues. This must be done before applying the CHG.

Clean the genital area with your regular soap unless instructed differently by your surgeon.

- Apply the CHG soap by squirting the CHG foam directly onto a clean cloth or directly onto the skin, **ONLY FROM THE NECK DOWN**. Use 2 pumps of the foam product per area of the body (see chart on back). Do **not** use CHG near your eyes or ears to avoid permanent injury to those areas. If you accidentally get CHG in your eyes or ears, rinse with cold water right away. Do not use CHG in the genital area unless instructed by your surgeon. This may cause skin irritation.
- Wash thoroughly, paying special attention to the area where your surgery will be performed. Do not wash in the genital area unless instructed by your surgeon.
- Wash your body gently. Do **not** scrub your skin too hard.
- **Do not** wash with your regular soap after CHG is used.
- Rinse your body thoroughly.
- Pat yourself dry with a clean, soft towel. Wear clean clothes.
- **Do not** use lotion, cream, or powder, except for the approved/compatible products listed on the back of this sheet. Deodorant is permitted as long as surgery is not around the axilla.
- Your skin might feel slightly dry/itchy after showering with CHG and that is normal. If you develop a rash, redness, or more than mild itching, stop using the CHG and shower with liquid soap the night before and morning of surgery. Notify your physician if you develop more than a mild rash/itching.
- If CHG comes in contact with your clothing, rinse completely and use only non-chlorine detergents. (Stains result if washed with chlorine products)