

PATIENT EDUCATION

CHG Showers Before Surgery

Chlorhexidine Gluconate (CHG) kills germs and is in some types of soap. Washing your skin with a germ-killing soap will help to stop infection after surgery. Shower the night before surgery AND the morning of surgery with the CHG soap following the steps on this paper.

- Below are pictures of some CHG germ-killing soap that is OK to use. Any type/brand of 4% CHG germ-killing soap is OK to use. Ask the pharmacist if you are not sure what to buy or if you have questions.

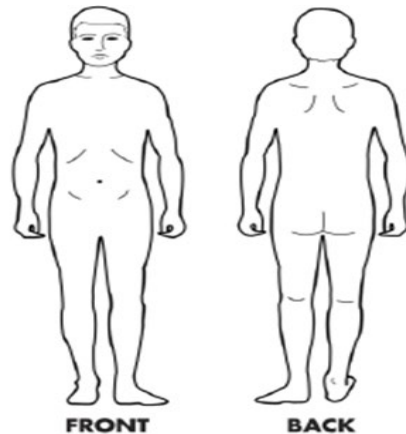


- Buy two of the 4-ounce bottles (or buy one of the 8-ounce bottles and use half at a time.) **DO NOT use this product if you are allergic to CHG.**
- DO NOT SHAVE any part of the body (men can shave their face) for two days before your surgery until after your surgery is done.
- This soap may stain or change the color of towels/washcloths.

The night before surgery

- In the shower/tub, clean your body with your regular soap first. Wash and rinse your hair using your everyday shampoo and conditioner.
- Make sure you use clean water to rinse all of the soap, shampoo and conditioner off your body and out of your hair.
- Next use clean water to wet your entire body. Then turn the water off or move away from the water spray.
- Stay out of the water as you wash with the CHG soap.
- Use one bottle (4 ounces) for this shower (or half of the large 8-ounce bottle).
- Use a clean washcloth to put the CHG soap on your body. Start by washing your neck and clean each part of your body as you work toward your feet. **DO NOT USE CHG SOAP by your eyes, ears, mouth or between your legs, by your vagina or the tip of the penis.**
- DO NOT COMPLETE THIS STEP IF YOU ARE HAVING SURGERY ABOVE THE CHIN OR BETWEEN YOUR LEGS, BY YOUR VAGINA OR THE TIP OF THE PENIS.**

- When you are done cleaning your body, **gently rub where your surgery will be for about 3 minutes. See the mark on the picture below of where your surgery will be.**



- Use clean water to rinse all of the CHG soap off your body.
- If you have pain, red spots or an itch that does not stop, use clean water to rinse off the CHG soap right away and do not put any more on.
- DO NOT wash with your regular soap, shampoo or conditioner after you have used the CHG soap.
- Use a clean towel (a towel that has not been used since it was washed) to dry your body.
- DO NOT put on deodorants, lotions, moisturizers, makeup, powders or sprays.
- Dress in clean clothes (clothes that have not been worn since they were washed).
- Sleep on sheets that are clean (sheets that have not been slept on or used since they were washed).

The morning of surgery

- **Only use the CHG soap for this shower.** DO NOT wash with any other soap.
- DO NOT shampoo or condition your hair in this shower.
- Use clean water to wet your entire body. Then turn the water off or move away from the water spray.
- Stay out of the water as you wash with the CHG soap.
- Use one bottle (4 ounces) for this shower (or half of the large 8-ounce bottle).
- Use a clean washcloth to put the CHG soap on your body. Start by washing your neck and clean each part of your body as you work toward your feet. **DO NOT use CHG soap near your eyes, ears, mouth or between your legs by your vagina or the tip of the penis.**
- **DO NOT COMPLETE THIS STEP IF YOU ARE HAVING SURGERY ABOVE THE CHIN OR BETWEEN YOUR LEGS.** When you are done cleaning your body, **gently rub where your surgery will be for about 3 minutes. This is the same spot you cleaned last night (your surgery area).**
- Use clean water to rinse all of the CHG soap off your body.
- DO NOT wash with your regular soap, shampoo or conditioner after you have used the CHG soap.
- Use a clean towel (a towel that has not been used since it was washed) to dry your body.
- DO NOT put on deodorants, lotions, moisturizers, makeup, powders or sprays.
- Dress in clean clothes (clothes that have not been worn since they were washed).

Call your surgeon's clinic if you have any questions about taking showers before your surgery.