

Bathing Before Surgery

Before surgery, you can play an important role in your health. Using special antimicrobial bathing cloths greatly reduces the germs on the skin, which helps prevent infections. These cloths contain chlorhexidine gluconate (CHG), which kills germs.

- **Do not** use if you are allergic to CHG.
- If rash, redness, itching, or other symptoms occur, stop using the cloths immediately. If symptoms persist, call your doctor.
- You **MUST** shower the **night** before your surgery.
- **Do NOT** shower the morning of your surgery.

When you shower

- Wash your hair as usual with your regular shampoo.
- Then rinse your hair and body thoroughly to remove any shampoo residue.
- Wash your face and entire body with a non-drying cleanser.
- Thoroughly rinse your body with warm water.
- Pat yourself dry with a clean towel.
- **Do not** apply powders, deodorants, lotions, creams, hair products, or make up.
- After your body has dried for 1 hour (60 minutes), wipe down your entire body (**except your face**) with CHG cloths. See back of this card for instructions.

How to Use CHG cloths

ONLY USE CHG CLOTHS BELOW JAWLINE

- Use 1 cloth for each of the 6 areas marked on the diagram.
- Do NOT use on your face.
- Ensure thorough cleaning, with special attention to commonly soiled areas such as neck, skin folds, and perineal areas.
- CHG is safe to use on perineal areas, including external mucosa.
- Throw away each cloth after you use it.
- Do NOT flush them down the toilet.
- After cleaning, your skin may feel sticky for a few minutes.
- DO NOT wipe it off.
- Allow to air dry.
- It may take longer for the skin to dry in skin folds and creases.

