

Bathing Instructions

Using CHG Soap Before Your Procedure

Preparing your skin for a procedure is very important. We will have you clean your skin with a special soap called 4% chlorhexidine gluconate (CHG), also called “Hibiclens.” It helps reduce the number of naturally occurring germs (microbes) on the skin that could get into the procedure site and cause an infection.



Please follow the instructions below closely. If you have any questions, please ask your doctor or nurse.



DO NOT use if you have had an allergic reaction to CHG or Hibiclens. If allergic, we will give you an antibacterial soap to use.



DO NOT get CHG in your ears, eyes or mouth. If you do, rinse right away with plenty of water and tell your nurse.



DO NOT shave anywhere on your body. Shaving can increase your risk of infection.



The night before and morning/day of procedure; **DO NOT** apply lotions, soaps, body washes, deodorant, perfumes, powders, hair products or makeup after your CHG shower.

Bathing Instructions

A member of your health care team may review these instructions with you. If you have drains (tubes) or a catheter, ask your health care team about any special bathing instructions.

- Up to **three** days before your procedure, you may shower once a day with CHG.
- It is most important to shower with CHG the **night before** and the **morning/day of your procedure**.

For example, if your procedure is on a Friday, you would follow these instructions below.

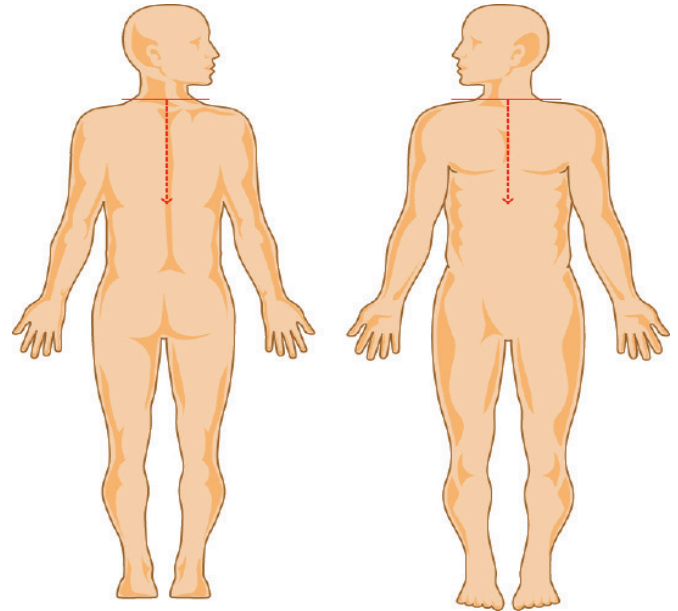
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You may shower once a day with CHG.	You may shower once a day with CHG.	You may shower once a day with CHG.	Night Before Procedure You must shower with CHG.	Morning/Day of Procedure You must shower with CHG.

Bathing Instructions (continued)...

- Wash your face and brush your teeth as usual before you shower with CHG.
- Unless your doctor has instructed you otherwise, you may wash your hair as usual with regular shampoo. Be sure to rinse shampoo completely **before** you apply CHG to your body.
- When you are ready to use the CHG, please ask someone to help you with hard to reach areas.

1 Turn the water off before you apply the CHG to prevent rinsing it off too soon. Apply CHG to your whole body **from the neck down**.

- A** Wash gently and do not scrub the skin too hard, especially over tumors or areas of the skin that are healing.
- B** Begin with the area(s) where your surgery will be done.
- C** Be sure you wash the skin folds, belly button, under arms, groin area and feet last. These are areas where a higher number of germs occur naturally.
- D** If your hands or feet are part of the procedure area, remove all nail polish and fake nails. Scrub the nail and cuticle areas well.



Ask your health care team to mark the areas you need to focus on, such as the surgery area or areas you need to clean last. These areas include: skin folds, belly button, under arms, groin areas and feet.

2 You should leave the CHG on your skin for about three to six minutes before rinsing off.

3 When you are done, turn the water on and fully rinse the CHG off your body.

4 Pat yourself dry with a **fresh, clean, soft** towel.

5 Then, especially the night before and the day of the procedure, put on **fresh, clean** undergarments and clothing or sleepwear/hospital gown. Sleep on **fresh, clean**, bed linens after each CHG shower.

While you are in the pre-op area, we may give you a CHG wipe to clean the procedure site again.

If you have any questions about these instructions, please talk with your nurse.

References

Association of periOperative Registered Nurses (AORN), Recommended Practices for Preoperative Patient Skin Antisepsis. Page 75. In: Perioperative Standards and Recommended Practices. 2013.

Centers for Disease Control. http://www.cdc.gov/hicpac/pdf/guidelines/SSI_1999.pdf. Page 257.

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