

Skin Preparation

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgical site. To make the process easier, our hospitals use disposable cloths moistened with a rinse-free 2% Chlorhexidine gluconate (CHG) antiseptic solution designed to reduce bacteria on the skin. The steps below outline the prepping process and should be carefully followed.

You may shower the night before surgery with these guidelines:

- Wait at least one hour after showering before using disposable CHG cloths (directions on next page).
- Do not shave any area of the body for at least two days prior to surgery.
- No deodorant, lotion, powder or anything on the skin after showering.

We recommend that you perform special skin cleansing at home the night before your surgery with the CHG cloths provided.

- Do not apply CHG cloths to face or mucous membranes (genitals).
- Do not flush CHG cloths; dispose in the trash.
- Skin may feel sticky for a few minutes after CHG application. Do not wipe off. Allow to air dry.
- Do not bathe, shower or rinse skin after cleansing with CHG cloth.
- Make sure you have natural nails (trimmed with no nail polish or other artificial products).
- After solution has dried, dress in clean clothing and sleep in clean bedding.

**Only use CHG cloths below the jawline.
NEVER USE NEAR EYES, NOSE OR MOUTH.**

Using Disposable CHG Cloths

The steps below outline the prepping process. **FOLLOW THESE STEPS CAREFULLY**

There are 3 packages containing 2 CHG cloths each.

To remove bacteria, gently wipe all areas using one cloth for each area.

Open first pack:

- Using **CLOTH #1**, wipe your neck, chest and abdomen. Wipe thoroughly in any folds. Throw cloth away.
- Using **CLOTH #2**, wipe both arms, starting with the shoulder and ending at the fingertips. Be sure to thoroughly clean underarms.

Open second pack:

- With **CLOTH #3**, wipe your right leg starting from the thigh and ending at the toes. Be sure to wipe well behind the knee. Throw cloth away.
- With **CLOTH #4**, wipe your left leg starting from the thigh and ending at the toes. Be sure to wipe well behind the knee. Throw cloth away.

Open third pack:

- With **CLOTH #5**, wipe from the base of your neck to your lower back. Ask for assistance. Throw cloth away.

- With the last **CLOTH #6**, wipe knees, buttocks and groin. Wipe gently and thoroughly, avoiding mucous membranes (genitals).
- Allow skin to air dry. It will feel tacky until completely dry.
- Put on clean pajamas and sleep on clean sheets.

Morning of Surgery

- **DO NOT** shower or bathe.
- Repeat the above process at home prior to coming into the hospital.
- Put on clean clothes after completing the cleansing process with CHG wipes.
- Additional skin cleansing of surgical site will be completed at the hospital during admission.