

# 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.