



## CULLMAN REGIONAL MEDICAL CENTER PATIENT EDUCATION

### Patient Instructions – CHG Wipes Preoperative Bathing Instructions

#### Why use CHG Wipes before surgery?

Before surgery, your body needs to be thoroughly washed with a special soap called Chlorhexadine Gluconate (CHG). This is because all humans have germs on their skin which may cause an infection after surgery. Bathing with CHG wipes removes germs and reduces the risk of infection.

#### What do I need to have?

1. Total of 12 CHG Wipes (six individual packs with two wipes per pack)
2. Two wipe downs
  - The night before surgery (six wipes)
  - The morning of surgery (six wipes)
3. Freshly washed towel
4. Clean, loose-fitting clothing for sleeping the night before surgery, such as pajamas and clean loose fitting clothes to wear the day of surgery
5. Freshly washed sheets on bed

#### What should I NOT do?

DO NOT	WHY?
<b>DO NOT</b> use CHG wipes on eyes, ears, nose, mouth, head, or genital area. Quickly rinse with cold water if used on any of these areas.	CHG can cause harm to these areas. CHG is safe to use on other parts of your body.
<b>DO NOT</b> use CHG wipes on broken skin or open sores	CHG can cause irritation to broken skin or open sores. CHG is safe to use on other parts of your body.
<b>IF PREGNANT AND/OR BREASTFEEDING</b> <b>DO NOT</b> Use CHG wipes.	CHG can cause harm to baby's eyes, ears, nose, mouth, or head.
<b>DO NOT</b> scrub too hard with the sponge/cloth	Scrubbing too hard can increase the chance of infection.
<b>DO NOT</b> shave, wax, or use any hair removal products 48 hours before surgery.	Hair removal can irritate your skin and increase the chance of infection. Any needed hair removal for surgery will take place at the hospital.
<b>DO NOT</b> continue to use CHG wipes if you have itching, burning, or develop a rash.	Tingling is normal. If you itch or your skin becomes red, you may be having a reaction
<b>DO NOT</b> use lotions, moisturizers, perfumes, deodorant, powder, cologne, or makeup after showering with the CHG wipes.	These products may lessen the effectiveness of CHG soap to remove germs
<b>DO NOT</b> sleep with pets the night before surgery.	Pet skin or fur can also have germs.

## What should I do?

**Step 1.** Follow normal shower/bathing process, washing your hair, face and body with regular products. The rinse hair and body to remove any shampoo/soap.

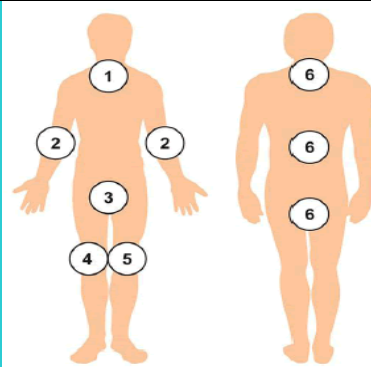
**Step 2.** Dry off with freshly washed towel and **wait at least one hour** before using CHG wipes to avoid skin irritation.

**Step 3.** Follow picture below and use one clean CHG wipe for each of the six body areas. A total of six wipes should be used. Wipe each area wall in a back and forth motion, but do not scratch the skin. Help may be needed to reach all areas.

**CAUTION:** If you experience any itching, burning or develop a rash, quickly rinse the body area with running water and stop using the CHG soap. Continue with antibacterial soap (i.e. Dial). Notify your healthcare team the morning of your surgery if you washed with regular soap instead of CHG soap.

In this order, use one sponge and add soap before washing each of the six following body areas:

1. Neck, chest, and shoulders
2. Both arms, hands, then armpits
3. Abdomen and groin
4. All of right leg and foot
5. All of left leg and foot
6. Back and then buttocks



**Step 4.** Dress in clean, loose-fitting clothes for sleeping, such as pajamas.

**Step 5.** Sleep the night before surgery in freshly washed sheets without pets.

**Step 6.** On the morning of surgery or six hours after first shower, DO NOT take another shower. Just use remaining six wipes to repeat step 3.

**Step 7.** Dress in clean, warm, loose-fitting clothes to go to hospital the day of surgery. It is important that your body be warm before surgery.

**NOTE: If you received 24 CHG wipes (12 individual packs with two wipes per pack):**

Follow the steps above using 12 wipes for the first wipe down and 12 wipes for the second wipe down.