

PRE SURGERY CHG BODY CLEANSING: INSTRUCTIONS

- Getting ready for surgery is important especially getting your skin ready!
- To get your skin ready you must cleanse your skin with CHG (chlorhexidine gluconate). CHG is a special chemical found in soaps such as Hibiclens's and other brands.
- First, if you did not receive the scrub from your doctor's office or hospital you may purchase it at Walmart, Walgreens, CVS or at a drug store.
- Second, you must gather clean freshly laundered washcloths, towels and clothes for each shower.

READ ALL THE INSTRUCTIONS FIRST!

The scrub must be done the night before and the morning of surgery.

Steps for showering or bathing with CHG/Hibiclens: first check the ingredients in the Hibiclens if you are allergic to any of the ingredients contact your doctor.

1. Wash and rinse your hair, face and body using your **normal** shampoo and body wash.
2. Make sure you completely rinse off all the shampoo and body wash.
3. Turn the shower water off. Then use the CHG sponge (**ONLY USE THE SOFT SIDE**) and **wash your entire body from the neck down for 3 minutes. DO NOT USE ON YOUR FACE, HAIR, or GENITALS.** Avoid scrubbing too hard. If you have the CHG liquid soap, apply the soap to a clean washcloth and apply to your body. Focus on the surgical site.

4. Allow the CHG soap to **dry on your skin for 10 minutes or until sticky.**
5. Turn the shower back on and rinse the soap off your body completely with warm water.
6. Do NOT use regular soap after washing with the CHG/Hibiclens soap.
7. Pat your skin dry with a clean towel after each shower.
8. It is important that once you start your Hibiclens shower you sleep with clean bed linens and wear clean pajamas and clothes.
9. Do NOT apply any lotions, powders or perfumes to your body after showering with Hibiclens.
10. Do NOT shave your legs the night **before or the day of surgery!** Facial shaving is the only thing allowed before surgery.
11. Throughout this process, good hand hygiene is a must throughout the entire day. Wash hands with soap and water for the time frame it takes to sing the song “Row, Row, Row your boat” to ensure adequate cleansing.

Reasons for allowing the Hibiclens to dry or become sticky on the skin:

- Enhances residual microbial effect
- Aggressive decrease in antimicrobial counts on skin
- Decontamination of skin