

## Shower with Chlorhexidine Gluconate (CHG) soap to prevent infection

# 3

At least 3 showers  
before surgery



two nights  
before surgery

DATE:



the night  
before surgery

DATE:



the morning  
of surgery

DATE:

**Instructions:** Shower as many times with CHG soap before your surgery as recommended by your physician. This blocks germ growth and provides the best protection. Be sure to carefully follow the steps in the graphic below.

### Important reminders

- Do not shave or remove body hair. Facial shaving is permitted. If you are having head surgery, ask your doctor whether you can shave.
- Do not use lotion, cream, powder, deodorant or hair conditioner after shower.
- CHG is safe to use on minor wounds, rashes, and over staples and stitches.
- Allergic reactions are rare but may occur. If you are allergic to CHG soap, stop using it and follow the bathing instructions using regular soap. Call your doctor if you have a skin irritation.



1 Rinse your body with warm water.



2 Wash your hair with regular shampoo. Rinse your hair with water. Do not apply conditioner.



3 Wet your shower mitt provided. **Turn off the water.** Apply CHG soap to the mitt. **Be careful not to get CHG soap in your eyes, nose, ear canals and mouth. CHG is for use below the chin only.** Do not use any other soaps or body wash when using CHG soap.



4 Firmly massage all areas: neck, arms, chest, back, abdomen and hips. Clean your legs and feet and between your fingers and toes. Pay attention to your surgery site and all surrounding skin. Clean your groin, genitals (external only) and buttocks last. Ask for help to clean your back if you are having a spinal surgery.



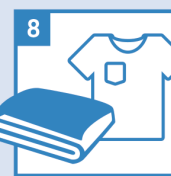
5 Apply more CHG soap to your mitt and lather again before rinsing.



6 Turn on the water and rinse CHG soap off your body.



7 Dry off with a clean towel each time you shower with CHG soap.



8 Wear clean clothes and use clean bed linens each time you shower with CHG soap.