



**KAISER
PERMANENTE®**

Peri-Operative Medicine Clinic (POM)

Preparing the Skin Before Surgery

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgical site. To make the process easier, this facility has chosen disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution. The steps below outline the prepping process and should be carefully followed.

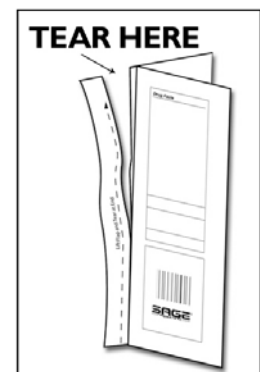
The Evening Before Surgery:

- Shower or bathe using warm (not hot) water and your usual soap or shower gel. Wash all areas of your body.
- After showering or bathing, dry your skin thoroughly using a clean towel. **Do not apply any lotions, moisturizers, deodorants, or makeup after showering.** Dress in clean clothes / sleepwear. Wait 1 hour to allow skin to dry completely before proceeding with next steps.
- After 1 hour has passed, open one of the two packages of 2% chlorhexidine wipes provided to you by your physician’s office or clinic. **When applying CHG, your skin should be completely dry and cool. When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching sensation and/or redness. Showering or shaving immediately before applying CHG may enhance this effect.**

To open the package(s): Holding top of package in one hand, lift flap on backside of package with other hand. Grasp flap at top and pull down to tear flap away and expose foam. Hold outside of package to present foam and cloths to prep table, avoiding contact between cloths and outside of package to reduce risk of cloth contamination.

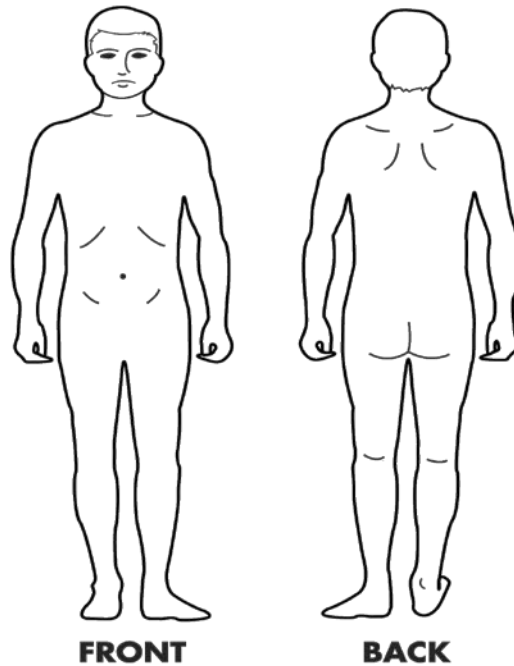
- Remove clothing covering the area where your incision will be (see diagram below)
- Use one chlorhexidine cloth to wipe the area indicated. Wipe in a back and forth motion, being sure to cover the area thoroughly.

Repeat with the second cloth in the package. You may need assistance for hard-to-reach areas.



[Continued on Reverse Side]

Prep the circled area(s) only:



- Allow area to air dry for one minute. Do not rinse. It is normal for the skin to have a temporary “tacky” feel for several minutes after the antiseptic solution is applied. Do Not rinse or apply any lotions, moisturizers or makeup after prepping.
- Discard used prep cloths in trash can. Do not flush in toilet.

The Day of Surgery:

- Do Not** shower, bathe, or shampoo hair. Do not apply any lotions, moisturizers, makeup, or deodorant.
- Open the second package of chlorhexidine cloths and follow the instructions listed above for use. After allowing area to dry, dress in clean clothing.

