

Before Your Surgery

To be Determined by Your Doctor/If Required- Preparing the Skin Checklist

Skin bacteria are the most common causes of post-operative surgical wound infections. These cloths will clean your skin before surgery and help prevent infection at the surgical site. The cloths contain an antiseptic called Chlorhexidine Gluconate (CHG). CHG kills bacteria on the skin that could cause a wound infection.

Important Information

- DO NOT let the cloth touch your eyes, ears, mouth, genital and rectal areas, colostomy, if you have one.
- DO NOT flush the cloths down the toilet as they will clog pipes.
- DO NOT shave any areas of the body below the neck, at least 7 days before surgery.
- DO NOT microwave cloths. Closed packages containing cloths may be warmed by soaking in warm water.
- DO NOT rinse or use any lotions, powders, deodorant, or make-up after preparing skin.
- Use the cloths on cool, dry skin.

Directions on How to Use the CHG Cloths

- Take a shower. Let your skin dry completely. Then use cloths.
- Each package contains 2 CHG cloths. Open all three packets of CHG.
- Gently wipe each body area very well with a back and forth motion. Use one cloth for each body area (see diagram on next page).
- **USE ALL 6 CLOTHS.**
- It is normal for the skin to have a temporary "tacky" or "sticky" or mildly itchy feel for several minutes after you use the cloths.
- After using the cloths, allow area to air dry for one minute. Do not rinse.
- Dress in clean clothes or sleepwear.

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Cleaning

Night Before Morning Of

Check off each box as you complete each area of the skin.

Cloth #1 Start with your neck, moving down to the chest. When your chest is done, start at the shoulder of each arm and end at your fingertips. Be sure to wipe your armpits.

Cloth #2 Start at your belly and move down to your right and left hips, followed by your groin. Be sure to wipe any creases or folds in your belly or groin areas. (**DO NOT** use this cloth to clean your genital area.)

Cloth #3 This cloth is for the front of both legs. Start at the top of your thighs and work your way down to your toes. Be sure to clean your feet and between your toes.

Cloth #4 Start at the back of the neck and clean down, toward mid-back, and then start at each back side of the shoulder and clean down to hands.

Night Before Morning Of

Check off each box as you complete each area of the skin.

Cloth #5 Start at your mid-back and move down to lower back. (**DO NOT** use this cloth to clean your genital area.) Move to the right and left hip.

Cloth #6 This cloth is for the back of both legs. Start right below the buttocks; move down, behind the knees and calves, ending at your heels.

