

Cleaning Your Skin With CHG Wipes

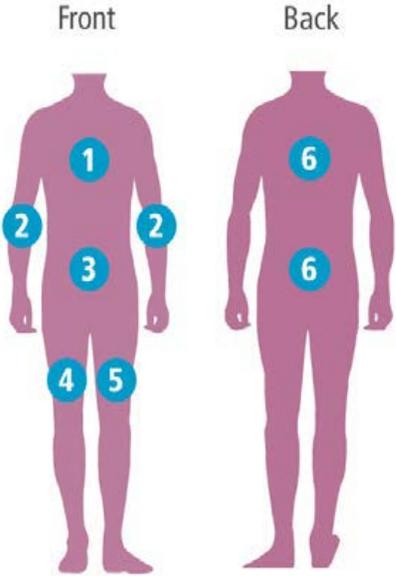
Before your surgery, you will use special wipes to clean your body. The wipes contain a no-rinse antiseptic soap called chlorhexidine gluconate, or CHG. Cleaning your body with CHG wipes before surgery reduces the number of bacteria on your skin and helps prevent infection.

The night before surgery

- Shower or bathe thoroughly and shampoo your hair. Use a clean towel and washcloth. Do not shave any part of your body except your face.
- Wait at least one hour after your shower or bath. Skin should be dry and cool to prevent irritation from the antiseptic.
- DO NOT apply any lotions, creams, powders or deodorants. They can interfere with the antiseptic.
- After your skin has dried, use the cloths provided in the order shown on the diagram below. Use all three packages (six cloths total). Use a new cloth for each body area. Gently wipe back and forth over each area for about 15 seconds. Do not rub.
- Avoid contact with your eyes, nose, ears, genital or rectal area. Do not use on skin with cuts or open sores.
- After using the wipes, **DO NOT RINSE** or use a towel to dry your skin. Let your skin air-dry. It is normal for your skin to feel sticky for a few minutes.
- Do not apply lotion, cream, powder or deodorant.
- Dispose of cloths in the trash. Do not flush them down the toilet.
- Put on clean clothes or sleepwear after your skin dries. Sleep on clean sheets.

The morning of surgery

- Do not shower or bathe.
- You will be provided with more cloths at the hospital to repeat this process before surgery.

<p>CLOTH ① Wipe your neck and chest. Do not use on your face.</p> <p>CLOTH ② Wipe both arms, starting each with the shoulder and ending at the fingertips. <i>Be sure to thoroughly wipe the armpits.</i></p> <p>CLOTH ③ Wipe your abdomen and hips, followed by your groin. <i>Be sure to wipe the folds in the abdominal and groin areas.</i> Do not wipe the genital area.</p> <p>CLOTH ④ Wipe your right leg and foot, starting at the thigh and ending at the toes. <i>Be sure to thoroughly wipe behind your knee.</i></p> <p>CLOTH ⑤ Wipe the left leg and foot in the same way as the right leg.</p> <p>CLOTH ⑥ Wipe your back starting at the base of your neck and ending at your waist. You might need someone to help you. Last, wipe the buttocks.</p>	
---	---