



Bathing Instructions

Using CHG Wipes Before Your Procedure


Preparing your skin for a procedure is very important. If you are unable to shower before your procedure, we will have you clean your body with special wipes called 2% chlorhexidine gluconate (CHG) wipes. These wipes help reduce the number of naturally occurring germs (microbes) on the skin that could get into the procedure site and cause an infection.




Please follow the instructions below closely. If you have any questions, please ask your doctor or nurse.




DO NOT use CHG wipes if you have had an allergic reaction to any CHG product.



DO NOT shave anywhere on your body. Shaving can increase your risk of infection.



DO NOT apply the CHG wipes to your face, ears or mouth.



The night before and morning/day of procedure; **DO NOT** apply lotions, soaps, body washes, deodorant, perfumes, powders, hair products or makeup after using the CHG wipes.

Bathing Instructions

A member of your health care team may review these instructions with you. If you have drains (tubes) or a catheter, ask your health care team about any special bathing instructions.

- Up to three days before your procedure, you may apply the CHG wipes once a day.
- It is most important to apply the CHG wipes the **night before** and the **morning/day of your procedure**.

For example, if your procedure is on a Friday, you would follow these instructions below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You may apply CHG wipes once a day.	You may apply CHG wipes once a day.	You may apply CHG wipes once a day.	Night Before Procedure You must apply CHG wipes.	Morning/Day of Procedure You must apply CHG wipes.

Bathing Instructions (continued)...

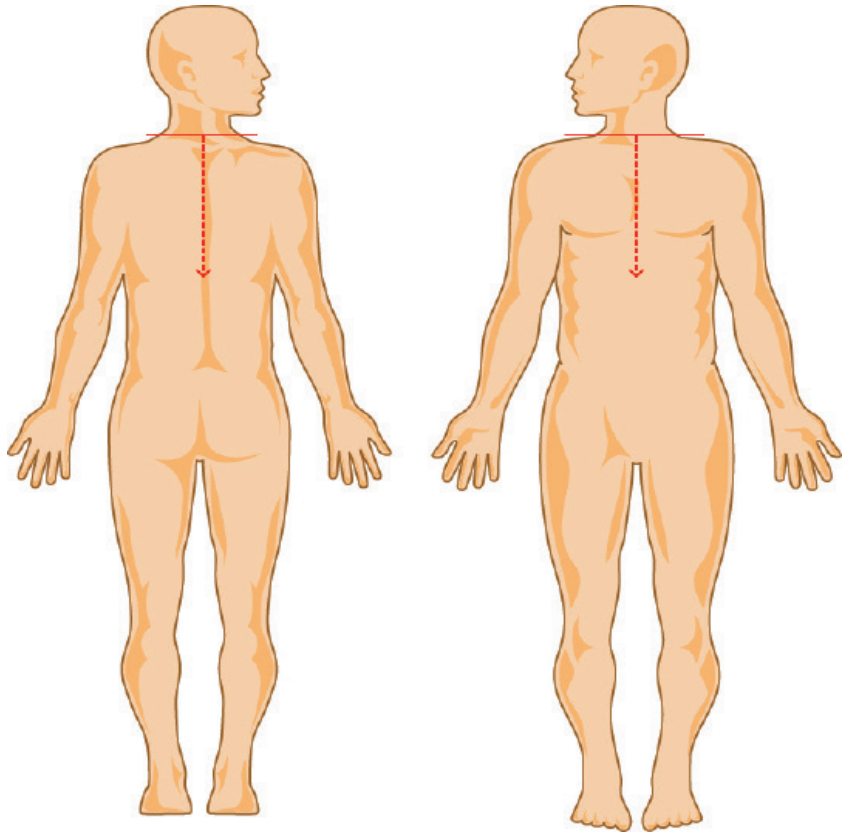
Each bath (with wipes) takes one to two packages. The wipes are moist, so you do not need to wet the skin. Please ask someone to help you with hard to reach areas.

1 Apply the CHG wipes to your whole body **from the neck down**. Start at the procedure site first, and then work your way outwards.

A Wipe, using a back and forth motion, until the area is moist. Be gentle as you go over tumors or areas of the skin that are healing.

B With a fresh wipe, clean the skin folds, belly button, under arms, groin area and feet last. These are areas where a higher number of germs occur naturally.

C You should use the CHG wipe on your skin for at least three minutes.



2 When you are done, **do not** rinse the CHG off your body. Your skin may feel sticky for a moment after using the wipes.

Ask your health care team to mark the areas you need to focus on, such as the surgery area or areas you need to clean last. These areas include: skin folds, belly button, under arms, groin areas and feet.

3 **Do not flush the wipes in the toilet.** You may throw them away in the trash.

4 Then, especially the night before and the day of your procedure, put on fresh, clean undergarments and clothing or sleepwear/hospital gown. Sleep on fresh, clean, bed linens after using the CHG wipes. While you are in the pre-op area, we may give you an additional CHG wipe to clean the procedure site again.

If you have any questions about these instructions, please talk with your nurse.

References

Comparative of a new and innovative 2% chlorhexidine gluconate-impregnated cloth with 4% chlorhexidine gluconate as topical antiseptic for preparation of the skin prior to surgery. Edmiston CE Jr, Seabrook GR, Johnson CP, Paulson DS, Beausoleil CM. American Journal of Infection Control. 2007 Mar;35(2):89-96.

Society for Healthcare Epidemiology of America (SHEA), Oct 2008, Vol 29, Supplement 1, S58.

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