

Cleanser Before Your Surgery

Your doctor has prescribed **chlorhexidine (CHG) cleanser** to use before your surgery. CHG is a skin cleanser that reduces the amount of germs on your skin after you use it. It is available as a liquid or wipe.

This handout had instructions on how to shower with the cleanser **the night before or morning of** your surgery to help lower your risk of an infection at the surgical site

How do I shower with the CHG cleaner?

Shower with the CHG cleanser the night before your surgery:

1. Wash your face with **regular** soap, then rinse thoroughly
2. If washing your hair, use **regular** shampoo then rinse thoroughly. Do **NOT** use conditioner.
3. Wet the rest of your body, **the turn the water OFF.**
4. With the **CHG cleanser**, lather your whole body, from your neck to your feet, for 5 minutes. Make sure to lather your surgical area, underarms, navel, and groin area with the cleanser.
5. Turn the water back on and rinse thoroughly.
6. Path your skin dry with a clean towel.
7. Dress in clean clothes
8. Afterwards, get into clean bedding.

What do I do if my skin reacts to the CHG cleanser?

STOP using the cleanser and rinse well with warm water right away. Do **NOT** use the CHG cleanser again.

When using the CHG cleanser:

- Do **NOT** use it on your head or face. **If the cleanser gets into your eyes, ears or mouth, rinse with cold water right away**
- Do **NOT** scrub too hard as this may irritate the skin. **If your skin becomes red or itchy, STOP using the CHG cleanser. Rinse well with warm water**

Do **NOT**:

- Shave the area we are operating on.
- Use creams, oils, or deodorants on your skin.
- Use grooming products on your hair

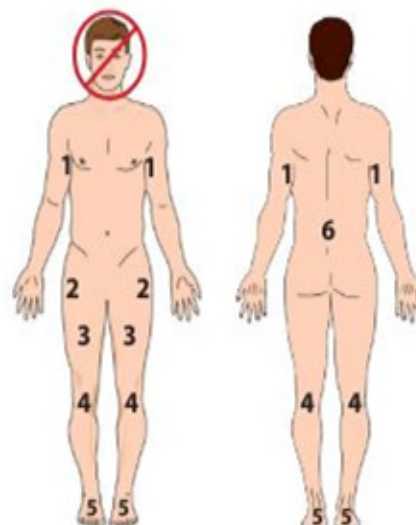


Fig 1. Put CHG cleanser on the suggested areas numbered.