

# Full Body Surgical Prep Instructions – Night Before Surgery

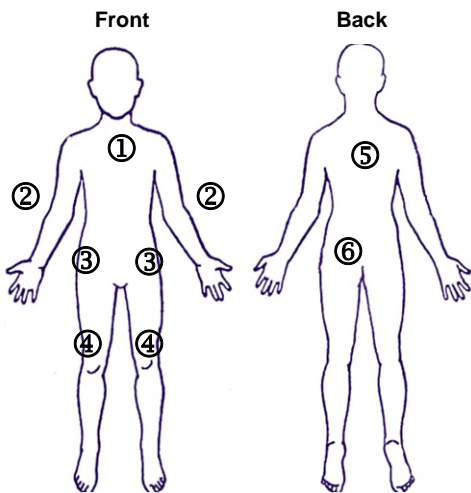
Cleaning the skin before surgery can lower the risk of infection at the surgical site. This sheet will tell you how to use the cloths that have a rinse-free, 2% Chlorhexidine Gluconate (CHG) soap on them. Follow the steps below very carefully.

## Important information:

- ❖ **Do not shave any part of the body at least 2 days before surgery.**
- ❖ Shower (or bathe) *and* shampoo your hair with regular soap and shampoo **at least one hour before you use the CHG cloths to clean** your skin.
- ❖ **Be sure your skin is completely dry and cool.**
- ❖ **Clean your skin with the CHG cloths the night before surgery** (approx. 7 p.m.) at your home.
- ❖ **Do not rinse off the CHG.**
- ❖ CHG may cause skin to itch or get red for a short time. If you have itching or redness that does not go away, rinse the areas and stop using the CHG cloths.
- ❖ **Do not shower the morning of surgery.** You may shampoo your hair only at a sink.

## Directions:

- Remove the plastic wrap. Open the 3 packages with scissors. There are two cloths in each package.
- **Do not let the CHG get in your eyes, ears, or mouth.**
- Wipe your body in back and forth motion using all six (6) cloths. Use each cloth for 30 seconds while wiping your skin *gently*.



**Cloth # 1 - Wipe your neck, chest and abdomen.**

**Cloth # 2 - Wipe both arms, starting each with the shoulder and ending at fingertips. *Be sure to wipe the arm pit areas.***

**Cloth # 3 - Wipe your right and left hip then your groin. *Be sure to wipe folds in belly and groin areas.***

**Cloth # 4 - Wipe both legs, starting at the thigh and ending at the toes. *Be sure to wipe behind your knees.***

**Cloth # 5 - Wipe your back starting at the base of your neck and ending at your waist line. Cover as much area as possible. You may need help from someone.**

**Cloth # 6 - Wipe the buttocks.**

- Allow area to air dry for one minute and do not rinse. It is normal for the skin to have a “sticky” feel for a few minutes after you use the cloths.
- Do not apply any lotion. **Do not shower after you use the cloths.**
- Dress in clean pajamas at night and wear clean clothes the morning of surgery.

Patient Sticker

I understand how to use the cloths \_\_\_ Yes \_\_\_ No

Patient Signature \_\_\_\_\_

Nurse Signature \_\_\_\_\_ Date/Time \_\_\_\_\_