

Pre-Operative Skin Preparation Instructions: What You Can Do

Madigan Army Medical Center

Before surgery, your body needs to be thoroughly cleansed with a special soap to help reduce the risk of infection. This is because all humans have germs that live on their skin. These germs normally help us. When you have surgery, these germs can sometimes cause an infection. You will receive disposable cloths moistened with rinse free 2% Chlorhexidine Gluconate (CHG) antiseptic solution. These cloths will be used for **two or three** days ending the day of your surgery.

CAUTION: DO NOT USE THESE CLOTHS ON YOUR HEAD OR FACE. AVOID CONTACT WITH YOUR EYES and EARS. (If contact occurs, flush eyes thoroughly with water). DO NOT USE IF YOU ARE ALLERGIC TO CHLORHEXIDINE GLUCONATE OR ANY INACTIVE INGREDIENTS IN THIS SOAP.

DO NOT SHAVE THE SURGICAL AREA!! Your nurse will use clippers to remove hair, if needed, at the surgical site. Using a razor to remove your hair before surgery can cause infections because it can leave small cuts on the skin.

The First Set of CHG Wipes -Two Days Before Surgery:

- ✓ Using a fresh, clean washcloth wash your face and body with your regular soap or cleanser; Wash your hair using normal shampoo.
- ✓ Rinse, dry off and allow your skin to cool.
- ✓ Use the first set of wipes as directed, wash from your **neck down** using all of the cloths.
- ✓ **DO NOT** rinse off.
- ✓ **NOTE:** it is normal for your skin to feel a little “sticky” for a few minutes until the solution dries completely.
- ✓ Dress in freshly washed clothes.
- ✓ **DO NOT** use lotions, powders, or creams after using the wipes.
- ✓ Brush your teeth.

The Second Set of CHG Wipes – One Day Before Surgery

- ✓ *Repeat all steps for the first set off cloths:*
- ✓ **DO NOT** use lotions, powders, or creams after using the wipes.
- ✓ Dress in freshly washed clothes.
- ✓ Fresh clean sheets and pillowcases should be used.
- ✓ Brush your teeth.

The Final Set of CHG Wipes - The Day of Surgery:

- ✓ **DO NOT** shower or take a bath:
- ✓ Use the final set of wipes as directed, wash from your **neck down** using all of the cloths.
- ✓ **DO NOT** use lotions, powders, creams, hair products, makeup, or deodorant after using the cloths.
- ✓ Dress warmly with freshly washed clothes. Keeping warm before surgery may decrease your risk of developing an infection.
- ✓ Brush your teeth and then use the mouthwash given to you as directed.

Morning of surgery in the Holding Room

- ✓ Staff may apply a Providone-Iodine based skin/nasal antiseptic in both nostrils 1 hour before surgery

SAGE 2% CHG Cloth Instructions

- DO** wash all bedding and night clothes the day before surgery.
- DO** the night before surgery shower or bathe and wash your hair before you use the cloths.
- DO** wait at least 1 hour after showering or bathing before using the CHG cloths.
- DO** wait until skin is completely DRY and COOL before using the CHG cloths.
- DO** use all 6 CHG cloths to cleanse all 6 areas of your body as shown on the picture.
- DO** wipe each area gently and thoroughly.
- DO** let skin air dry after using the CHG cloths. NOTE: it is normal for your skin to feel a little “sticky” for a few minutes until the solution dries completely.
- DO** dress in something clean after using the CHG cloths.

- DO NOT** use CHG cloths on your head, face, eyes, nose or ears and private areas
- DO NOT** use on breasts if you are currently breast feeding or pumping
- DO NOT** shower or bathe the morning of surgery. CHG works best when left on skin.
- DO NOT** shower with hot water.
- DO NOT** rinse, shower, or apply any lotions, moisturizers or makeup after using the CHG cloths.
- DO NOT** shave anywhere on your body 24 hours before using the CHG cloths.
- DO NOT** continue using the cloths if sensitivity or irritation develops.
- DO NOT** microwave or flush the CHG cloths down the toilet.

1st Cloth: Wipe your neck and chest, avoiding your head, face, eyes, nose, and ears.

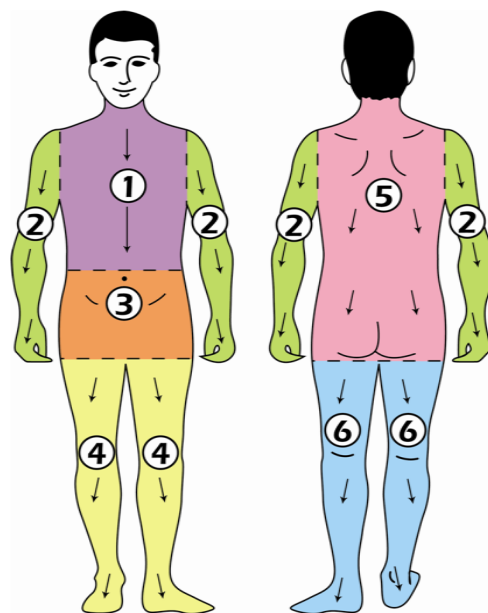
2nd Cloth: Wipe the entire surface of both arms starting at your shoulders, armpits and ending with your fingertips

3rd Cloth: ***Avoid your private parts.*** Wipe your right and left hips followed by your groin area. Be sure to wipe the skin folds on your belly, and your bellybutton

4th Cloth: Wipe the front of your legs, starting at the top of your thighs, wiping towards the top of your feet

5th Cloth: Wipe your back starting at the base of your neck and ending at your bottom of your buttocks.

6th Cloth: Wipe the back of your legs from the bottom of your buttocks down to your toes and including the soles of your feet.



HELP US HELP YOU PREVENT INFECTIONS