How to use the CHG solution skin treatment before your procedure or surgery

Prior to surgery, you should clean your skin with chlorhexidine gluconate (CHG) solution. Using CHG on your skin will reduce your risk of getting an infection. It is very important that you follow these directions every night, starting three nights before your surgery, and on the morning of surgery.
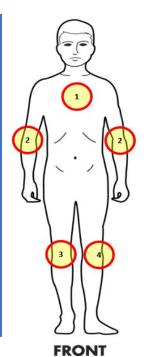
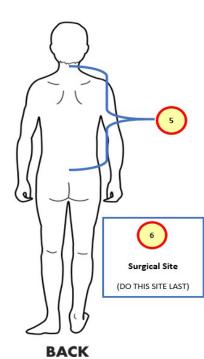**Why do I need to take a shower and then apply the CHG solution?**

- Using the CHG on your skin after using soap and shampoo and rinsing is the best way to remove germs from your skin.
- This helps keep you from getting an infection from germs (known as "superbugs") that are difficult to treat.
- Surgeries, drains, some medicines, and being ill make it easier to get an infection.
- CHG works for 24 hours.

How to use the CHG solution skin treatment:

- **Starting three nights** before your procedure, take a shower with your regular soap and rinse.

- Wash hair with regular shampoo and rinse.

- Turn off the shower. Place a large amount of CHG solution on 6 disposable cloths.

- Apply the CHG onto your skin, from your neck down. **Apply the CHG in the order shown on picture below, starting at number 1 and ending at number 6.** Use one cloth for each area of the body.

- **Do not allow CHG to come in contact with your face, eyes, nose, mouth, ears, and genitals.**

- Allow the CHG to sit on your skin for 2-5 minutes. Rinse with water.

- Pat dry with clean towel.

- Do not use any lotion, oils, ointments, topical medication, or hair removing lotions.

- Wear clean clothes and sleep on clean sheets.

- **Do this again every night and in the morning before your procedure. Place a check mark in the yellow circles below for each use.**

1: Neck, chest, and stomach

2: Both arms (front and back), arm pits, hands, and fingers

3 & 4: Both legs, feet, and toes

5: Back of neck, back, and shoulders

6: Surgical site

FRONT   **BACK**

Surgical Site
(DO THIS SITE LAST)

Three nights before surgery		Two nights before surgery		One night before surgery		Morning of surgery	