GBMC's Pre-Op
Theraworx Wipe Cleansing Instructions

Theraworx can be used for patients who have an allergy to CHG.
Theraworx is safe for sensitive skin.

Directions: You will clean your skin at home four times: *three evenings before surgery and another the morning of surgery.*

Do NOT shave any areas of the body at least two days prior to surgery.

Closed packages containing wipes may be warmed by soaking in warm water. DO NOT microwave wipes.

DO NOT flush wipes.

Prepping the skin before surgery:

Shower or bathe and shampoo your hair as usual, rinse with water, pat dry your skin with a clean fresh towel. Wait one hour after your shower before using the wipes.

Use one cloth to wipe each area of the body for 20 seconds in the following order (you will use a total of 8 wipes for each of the four showers.

1) Wipe your neck, chest, and abdomen.

2) Wipe your right arm and armpit

3) Wipe your left arm and armpit

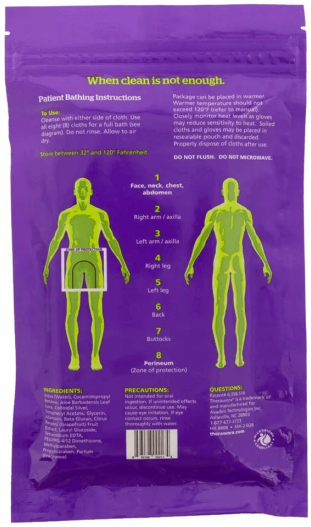
4) Wipe your right leg

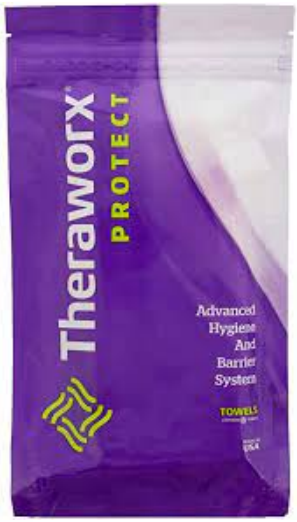
5) Wipe your left leg

6) Wipe your back

7) Wipe your buttock

8) Wipe your perineum





Once you use the wipes, DO NOT shower, bathe or apply lotions, moisturizers, or makeup. DO NOT rinse your skin.

The morning of surgery:

DO NOT shower, bathe, or shampoo.

Repeat the same skin cleansing process as outlined above.

Wear freshly laundered, clean clothes to the hospital.