

## Prepare Your Skin with CHG Cloths

Reduce your risk of infected wounds. These cloths contain chlorhexidine gluconate (CHG), a liquid that kills germs. **Do not scrub!** Wiping is enough. **Tell your nurse or doctor if you are allergic to CHG.** We may suggest some other product.

### **5 days before your surgery or procedure**

- Stop shaving the area(s) circled on the drawing on p. 2.

### **Night before your surgery or procedure**

- Take a shower or bath and shampoo your hair. Use freshly washed towels and washcloths. Rinse your skin and hair very well. **Wait 2 hours before you use the CHG cloths.**
- Do not use oil, skin lotion or hair conditioner. (If tangled hair is a serious problem for you, apply conditioner over a sink **after** you shower. Be careful not to get any on your surgery or procedure site.)
- Wear a clean (freshly washed) robe or clean clothing.

**If your skin turns red or itches,** rinse off CHG with lots of cool water.

For your safety and the best results:

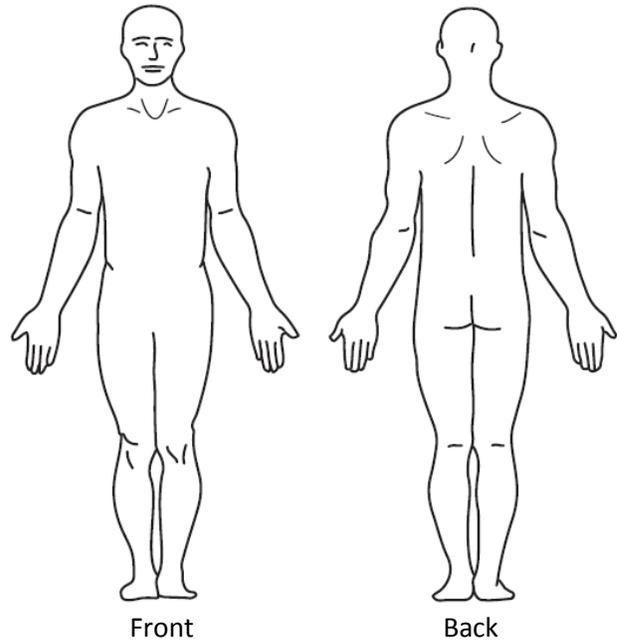
- **Follow these instructions** instead of those printed on the package.
- **Do not warm the package** in a microwave oven.
- **Do not touch your eyes, ears, or mouth** when using a cloth. Rinse with cool water right away if CHG gets in your eyes, ears or mouth.
- **Rinse your hands** right after you wipe skin with each cloth.
- **Do not** rinse CHG off any surgery or procedure site unless it itches or seems irritated.
- **Do not put lotion or powder** on skin you have wiped with CHG.

### **Follow these steps**

Clean a work surface with soap and water. Tear the flap line of the CHG packet or cut it open with clean scissors. Lay each cloth foam side down on the clean surface.

Use the **first cloth** to gently wipe back and forth for about **15 seconds** over the area(s) circled on the drawing. **Do not** scrub.

Wipe under skin folds. Hold them open so skin will air dry. This will keep it from being irritated. Do not touch your sex organs with the CHG cloth.



**With the second cloth**, wipe the same places for about 15 seconds. Push the cloth under skin folds. Hold them open to air dry. Throw away both cloths. Your skin will feel tacky for a few minutes. **Do not rinse off.**

After skin and skin folds are completely dry, put on clean nightwear (pajamas or nightgown). Sleep on freshly washed sheets. Your pet(s) should not sleep with you.

### **On the morning of your surgery or procedure day**

- Do not bathe or shower.
- A sponge bath is okay, but **do not** wipe or rinse off CHG.
- Do not apply lotion, powder, deodorant or spray to skin or hair.
- Staff members who prepare you will treat your skin again.

### **If you have any questions about your skin prep**

On weekdays from 8 a.m. to 4:30 p.m., call the department where you received your CHG packet. After 4:30 p.m. or on weekends and holidays, call Telephone Nurse Advisor (608) 775-4454 or (800) 858-1050.

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This information is meant to inform and educate our patients. It supports the care you receive from your health care team. It does not replace medical evaluation, advice, diagnosis or treatment. Talk to your doctor or health care team before starting any new treatment.

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