

## PRE-OPERATIVE BATHING: Instructions for Pre-op Chlorhexidine [CHG] Shower/Bath

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### WHY:

Chlorhexidine [CHG] showering or bathing is done to decrease the number of potentially harmful germs on the skin, which decreases the risk of getting a postoperative infection.

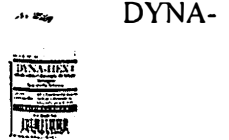
### WHEN:

CHG should be used the night before surgery AND the morning of surgery.

### PREPARING:

Gather the supplies:

- Antiseptic solution – the 4 ounce 4% chlorhexidine gluconate (CHG) solution, DYNA-HEX, provided to you. Shower using half of the bottle the night before surgery and half of the bottle the morning of surgery.
- Clean wash cloths (2-3)
- Clean towels and clean sheets
- Clean (freshly washed) clothing to put on after showering/bathing
- Clean, freshly laundered sheets for your bed to avoid re-contamination of your skin from skin contaminant from previous nights.



### HOW:

It is CHG is most effective when used in the shower.

### Using CHG in Shower (PREFERRED METHOD) –

#### IMPORTANT NOTE - Do not shave any parts of your body.

1. With each shower, wash and rinse your hair first using your normal shampoo. Make sure you completely rinse the shampoo from your hair and body.
2. Apply the antiseptic solution (CHG) to a wet clean washcloth.
3. Turn the water off in the shower or move away from the water spray to avoid rinsing the soap solution off, then lather your entire body, except your face. **DO NOT USE CHG ON YOUR FACE.** Pay particular attention to **skin folds under the breast and armpit area.** Avoid scrubbing any area too hard – you don't want to irritate or break the skin
4. Once you've completed the entire lather-down of your body, concentrate for **3 minutes** gently washing and lathering your surgical site area.
5. Once you have completed the scrub, turn the water on and rinse the CHG solution off your body completely. CHG can be drying and irritating to the skin if left to dry.
6. Do not wash with regular soap after you have used the CHG solution.
7. Pat yourself dry with a clean, freshly washed towel. **DO NOT apply any powders, deodorants, or lotions.**
8. Dress with freshly washed clothes.

### If you do not have a shower –

**IMPORTANT NOTE – If you are not showering, do not attempt to use the CHG solution while in the bath water, as the bath water will wash off the CHG soap too quickly and the CHG will NOT be effective.**

1. Instead, use the CHG solution when you wash in place of your regular soap, outside of the bathtub by placing a basin or in the sink.
2. Wash your entire body (except your face), concentrating on crevices or skin folds.
3. Rinse off the CHG soap solution with warm tap water (placed in a basin or in the sink).

**QUESTIONS about pre-operative bathing? Contact Pre-admission testing 815-705-7263**