

Chlorhexidine Gluconate (CHG) Surgical Cleansing

WHAT IS CHLORHEXIDINE GLUCONATE

Chlorhexidine Gluconate (CHG 2%) is an antimicrobial agent that is used as a surgical skin cleanser. It kills bacteria and other germs and inhibits the growth of new germs. As a patient, you play an important role in preparing your skin for surgery. Using CHG, as directed herein, will help reduce your chance of developing a surgical site infection.

HOW TO USE CHLORHEXIDINE GLUCONATE

before the second evening shower.

SHOWERING

TWO CONSECUTIVE NIGHTS BEFORE SURGERY:

1. While in the shower, wash your hair and body with regular shampoo and soap. Rinse off shampoo and soap completely. This is very important since shampoo and soap can reduce the effectiveness of CHG.
2. How to apply the liquid solution of CHG on your body. Use one bottle for 3 showers.
 - xPour 1/3rd of liquid CHG solution onto a clean damp washcloth. DO NOT dilute the CHG solution.
 - xStep away from the water stream or turn off the water while washing with CHG. This prevents rinsing off the CHG too soon.
 - xWash your body from the neck down, front and back, taking care to avoid your genitals, anus, eyes, ears and mouth.
 - xAllow the CHG solution to remain on your skin for 5 minutes.
 - xDuring the wait time, concentrate on the body site where you will have the operation as well as, the skin folds, belly button, crevices, feet and between toes (last), as this is a common place for bacteria to live.
3. Rinse the CHG solution off thoroughly, concentrating again on the skin folds, crevices, feet and toes.
4. Dry yourself very well using a clean towel including any skin folds and feet. Use fresh towels for each shower.
5. DO NOT use any ointments, lotions or powders after your CHG presurgical shower. Ointments, lotions or powders will reduce the effectiveness of CHG.
6. Dress in fresh, clean pajamas or comfortable clothing after each shower.

Note: Do not shave with a razor blade anywhere on your body for three days prior to surgery. Shaving with a razor increases your risk of infection when you have surgery. Electric shavers are okay to use.

THE MORNING OF SURGERY:

- xFollow steps 2 thru 4. Only use the CHG per the above instructions.
- xDO NOT use your regular shampoo or soap in the shower and do not apply lotions or deodorant after the last shower. Using these products will decrease the effectiveness of the CHG presurgical cleanser.
- xDress in clean and comfortable clothing.

Do not use Chlorhexidine Gluconate (CHG):

- xOn open skin wounds
- xOn the face or head
- xIn the eyes, ears or mouth