

Preoperative Instructions

Patient Guide to Chlorhexidine (CHG)



You can help prevent the risk of getting a surgical infection.

- For one week before surgery, do not use a razor or shave your surgery site.
- The night before and the morning of your surgery, use the CHG skin prep to help kill germs on your skin.
 - Use ½ the bottle of CHG for each shower

While in the Shower:

- Clean body with soap and water
- Turn off the water and open the bottle of CHG
- Pour CHG onto hands and wash body from the neck down. Using a wash cloth reduces the amount of CHG on the skin
 - Wash the neck, chest, abdomen, then groin
 - Wash both shoulders, arms, hands, then under the arm
 - Wash both hip, leg then foot
 - Wash your back and buttocks
- Ask someone to help you if there are areas that are hard to reach
- Allow CHG to remain on skin for about 2 minutes before rinsing
- Turn on water and rinse
- Pat dry with a clean towel

After your shower:

- Do not use any deodorant, perfumes, powder, cream or lotions.
- Wear clean pajamas to bed the night before surgery
- Sleep on clean sheets

Day of Surgery:

- Wear clean loose fitting clothing to the hospital

CHG, also called Hibiclens, may be purchased at most major drug stores