

# Instructions for CHG Bathing

## IMPORTANT NOTES

- Bathing is an important part of surgical site infection prevention.
- Do NOT use the Chlorhexidine gluconate [CHG] wipes on your face, eyes, ears or mouth.
- Do NOT shave your surgery area within 7 days of your scheduled surgery. This can increase the risk of infection. Your health care team will remove hair if needed.
- If you have open areas on your skin, do not apply the CHG wipes to that area.
- If you feel any burning, itching or irritation on your skin, rinse the area right away, and do NOT use any more of the wipes.
- When wiping your feet, remember to clean between your toes.
- Put clean sheets on your bed. Please keep pets off your bed to keep it clean.

## SHOWER FIRST.



If you plan to wash your hair, or you have been instructed to wash your hair, do so with your regular shampoo. Then rinse your hair and body thoroughly with water to remove any shampoo residue.



Wash your face with your routine soap/facewash. Use a washcloth and your regular soap to wash the rest of your body.



Thoroughly rinse your body with water.



Dry your skin with a clean towel.



Gather your CHG bath supplies: three packages of 2% Chlorhexidine Gluconate cloths, and clean clothes or sleepwear.



Follow the instructions on page 2 to complete the Chlorhexidine Gluconate cloth bath.

# 2% Chlorohexidine Gluconate Cloth Bath Instructions

1. Open all three packages. You will use all six cloths.

2. Use one wipe per area [areas are numbered 1 through 6] and then throw the wipe away.

3. Cleanse your skin using a back-and-forth motion. Be sure to completely cover each area. You may need help wiping some areas of your body.

4. Your skin might feel sticky after applying the wipe. Allow your skin to dry. Do not rinse your skin.

5. Do not apply deodorant, perfume, lotions, moisturizers, gels, powders or make-up after cleansing your skin.

6. Throw away the used cloths. Do not flush them down the toilet. Wash your hands with soap and warm water. Put on clean sleepwear.

**ONLY USE CHG CLOTHS BELOW THE JAWLINE**



Front

- 1 Neck, shoulders, and chest
- 2 Both arms and hands
- 3 Abdomen then groin and perineum
- 4 Right leg and foot
- 5 Left leg and foot
- 6 Back of neck, back, and then buttocks



Back

Skin may feel sticky for a few minutes.  
Do NOT wipe off. Allow to air dry