

## **Skin Prep Before Surgery**

### *Using CHG wipes*

*This handout explains how to clean your body with CHG wipes when you are scheduled for surgery at Harborview Medical Center.*

### **What are CHG wipes?**

Before your surgery, you will use special wipes to clean your body. The wipes contain an *antiseptic* soap called *chlorhexidine gluconate* (CHG). Cleaning your body with CHG wipes before surgery helps prevent infection.

If you have pain or itching after using the wipes:

- Stop using the wipes.
- Rinse the area well.
- Tell staff about your pain or itching on the morning of your surgery.

If you are allergic to chlorhexidine, use regular soap to shower with.

### **Night Before Surgery**

- Shower or bathe, and shampoo your hair as usual. **Do not shave any part of your body. Make sure that you use a clean towel.**
- Make sure that you put on clean nightwear and use clean sheets on your bed after using these wipes.
- Follow the “Skin Prep Steps” listed below 1 hour after you shower. Make sure your skin is dry before you start.

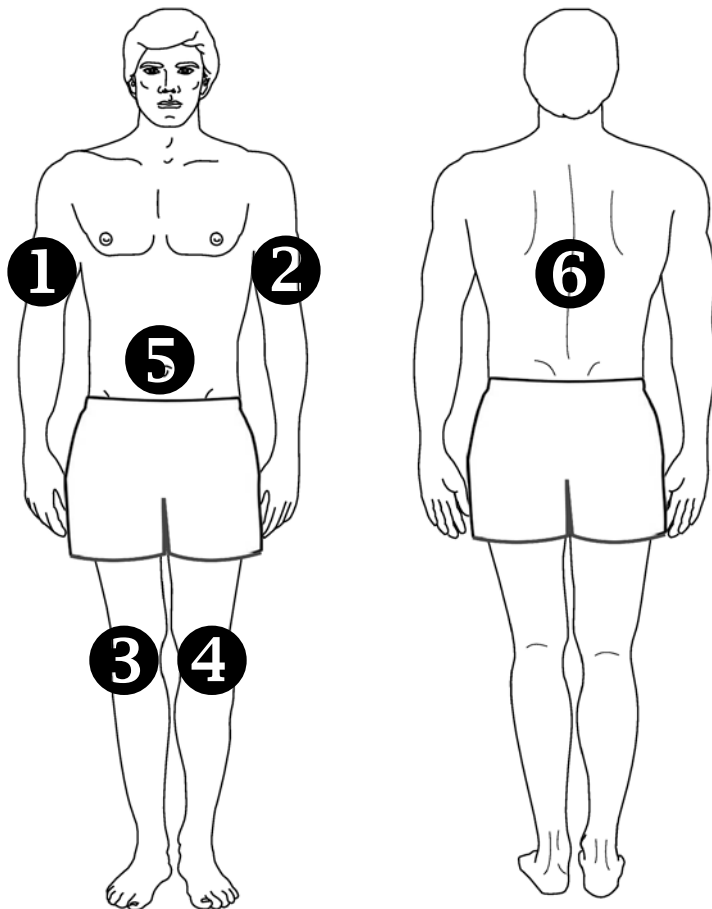
### **Skin Prep Steps**

- Use scissors to cut off the end seal of 3 packages of CHG wipes. Each package contains 2 wipes.
- Do **not** use CHG wipes on your face, hair, genitals, or areas where you have open sores.
- Use all 6 wipes, 1 wipe for each body area (see drawings on page 2). For example, use:
  - 1 wipe for your right arm and hand
  - 1 wipe for your left arm and hand
  - 1 wipe for your right leg and foot
  - 1 wipe for your left leg and foot

- 1 wipe for your abdomen and groin
- 1 wipe for your back and buttocks
- Wipe each area back and forth as if you are painting your body with the wipes. Be thorough.
- Ask for help if you need it to reach certain areas of your body.
- After using the wipes, do **not** rinse your skin or apply any lotions, moisturizers, or makeup.
- Your skin may feel sticky for 1 to 2 minutes until it is fully dry. Let your skin air dry and then put on clean night clothes.
- Throw away the wipes in the trash can. Do not flush the wipes down the toilet.

### Morning of Surgery

- Do **not** shower or bathe, or shampoo your hair.
- Open 3 new packages of CHG wipes. Follow the same instructions for “Skin Prep” as you did the night before surgery (see page 1).
- When your skin is dry, put on clean clothes.



*Use 1 wipe for each body area as numbered.*

#### Questions?

Your questions are important. Call your clinic if you have questions or concerns.