

CHLORHEXIDINE – CHG

Skin cleaning before surgery

niagarahealth

Extraordinary Caring. Every Person. Every Time.

Prepare

If you are allergic to Chlorhexidine; tell your surgeon, who will tell you what to do.

- Buy 1 bottle, 4 (four) ounce (114 mL), of liquid Chlorhexidine Gluconate 4% **OR** 2 Chlorhexidine Gluconate 4% sponges.
- Seven (7) days before surgery, stop shaving, clipping or waxing the hair around the area having surgery (the surgery site). This includes the groin area for hip surgery and the armpit for shoulder surgery.

Test your skin to make sure you are not allergic to the Chlorhexidine. Wipe a small area of skin with some Chlorhexidine.

- Choose an area of skin away from the surgery site.

If you get a rash, **stop using** the Chlorhexidine. Rinse off right away. Instead follow these instructions using regular soap.

Take 2 showers

Follow the steps in this hand out to clean your skin while taking a shower:

1. The night before your surgery
2. The morning of your surgery

Before you shower

Remove all jewelry including wedding bands and piercings (Don't put them back on until after the surgery).

After you shower, **do not** put anything on your skin like deodorant, lotion, make-up, cologne, or perfume.

Steps for cleaning your skin

1. Take these instructions into the bathroom with you so you can follow them.
2. Use your own shampoo and soap to wash your hair and face. Make sure your hair is washed either the night before or day of your surgery.
3. Rinse your whole body with water.
4. Step away from the shower spray or move the shower head to the side.
5. Wash your body down from your neck to feet for 2 (two) minutes with 1 (one) Chlorhexidine sponge or ½ the Chlorhexidine liquid wash.
6. After your showers, dress in clean sleepwear or clothing. Sleep in clean sheets.

When you clean your skin before surgery you help lessen your chance of getting an infection

Caution: Chlorhexidine



Do not use on your face, hair, or any broken skin or open wounds.

Do not use inside your private parts. **External use only.**

Stop using it if you get a rash, rinse it off right away. Show the nurse your rash when you come in for surgery

Note: if you are concerned about your rash or other signs of allergy, things like breathing difficulties, palpitations, swelling of the lips, tongue and throat, or if you feel unwell in any way, get medical help:

See your family doctor or

Call Telehealth Ontario 1-866-797-0000

For severe signs of allergy:

Go to the Emergency Department **right away** or

Call 9-1-1

If you have any questions or concerns contact your surgeon

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Washing with Chlorhexidine

1. Wet 1 (one) Chlorhexidine sponge and squeeze until you get suds.
Use the sponge side only. Do not use the plastic brush on your skin.

OR

Put ½ of the Chlorhexidine liquid on a clean wet washcloth and rub until you get suds.

2. Gently rub the Chlorhexidine back and forth over each body area for 30 seconds in the following order:

① Upper Body	Right arm	30 seconds
	Left arm	30 seconds
	Front	30 seconds
	Back *	30 seconds
② Legs	Right	30 seconds
	Left	30 seconds
③ Groin and anal area **	Front and back	30 seconds

* You might need some help to wash your back

** Do not use inside your private parts

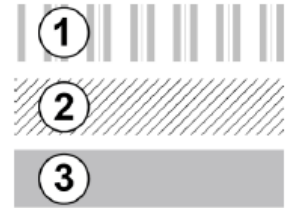
Make sure you clean:

- In your belly button
- Under your fingernails
- Between your toes

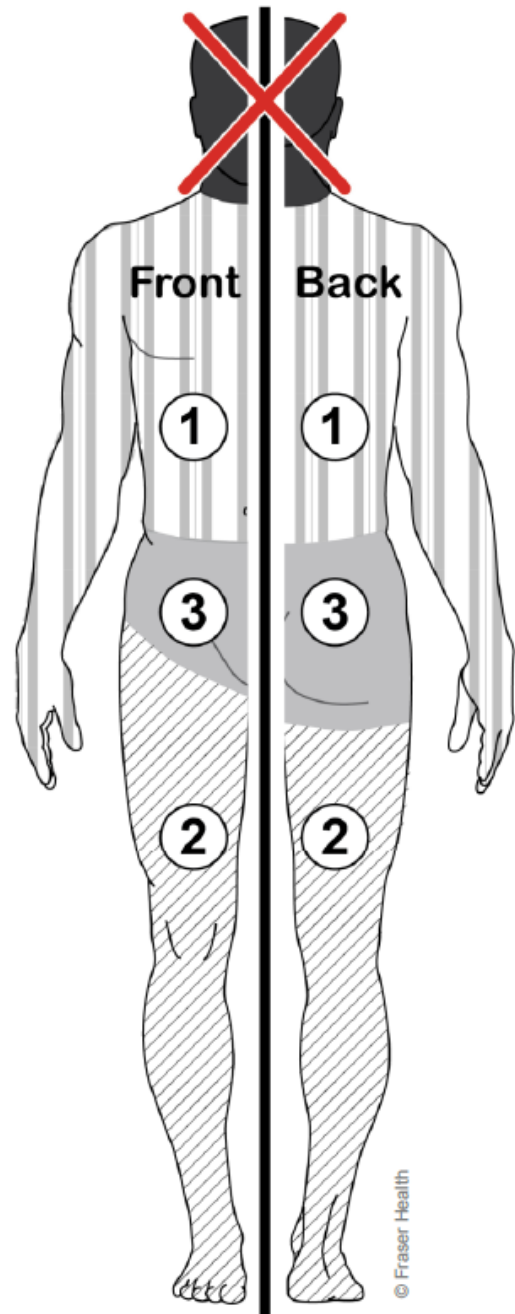
3. Leave the Chlorhexidine suds on your skin for at least **2 (two) minutes.**
4. Rinse off completely from your neck down to your feet.
5. Use a clean towel to dry off. Start drying yourself from your head down to your toes. Dry your groin and anal area last.

Remember – Do not put any products on your skin after your shower, like deodorant, lotion, make-up, perfume or cologne.

Wash in this order



Do not use Chlorhexidine on head, face, or hair



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If you have any questions or concerns contact your surgeon