# Preparing for Surgery

Providence Hospital wants you to have the very best result from your surgery. The use of CHG (Chlorhexidine Gluconate 4%) solution helps to remove germs from your skin. This is an important step in helping to prevent an infection after your surgery.

**TELL YOUR NURSE** if you have had a rash from use of this product before.

**DO NOT** shave or wax your body, except face for men.

## Night Before Surgery

- Take a shower or bathe first using regular soap.
- If possible, wash your hair with shampoo or regular soap.
- Use a wet washcloth with a small amount of CHG solution (bottle provided) to wash your body in the shower.
- Use one washcloth to clean from your neck down.
- Use a second washcloth to clean your surgical area.
- Wash each body area with a back and forth motion without scrubbing. Scrubbing can irritate the skin.
- Stand in the shower 3–5 minutes after you have washed with CHG. If you are unable to shower, rinse with warm water. Pat your body dry with a clean towel.
- You may feel ‘stickiness’. This is normal and will go away after a few minutes.

**Put on a CLEAN gown or pajamas after your shower.** Sleep in a bed with clean linen/sheets.

## Precautions:

- **DO NOT** apply any lotions, moisturizers or make–up after showering.
- **DO NOT** use CHG near your eyes, ears, mouth or genitals (privates).
- **DO NOT** use CHG on cuts or non–intact skin.

## Morning of Surgery

- Use a wet washcloth with a small amount of CHG solution (bottle provided) to wash your body in the shower.
- Use one washcloth to clean your neck down.
- Use a second washcloth to clean your surgical area.
- Wash each body area with a back and forth motion without scrubbing. Scrubbing can irritate the skin.
- Stand in the shower 3–5 minutes after you have washed with CHG. If unable to shower, rinse with warm water. Pat your body dry with a clean towel.
- You may feel ‘stickiness’. This is normal and will go away after a few minutes.

## After Surgery

- Keep your sheets clean. After leaving the hospital, have a family member change the sheets on the bed you are resting/sleeping on for you on a regular basis. Change the sheets if there is evidence of any drainage from your wound.

Developed: October 2012