

CULLMAN REGIONAL PATIENT EDUCATION

Patient Instructions - CHG Soap Preoperative Bathing Instructions

Why use CHG Soap before surgery?

Before surgery, your body needs to be thoroughly washed with a special soap called Chlorhexadine Gluconate (CHG). This is because all humans have germs on their skin which may cause an infection after surgery. Taking two showers with CHG soap removes germs and reduces the risk of infection.

What do I need to have?

1. Bottle of CHG Soap with sponges/cloths.
2. Two showers
 - The night before surgery (half bottle)
 - The morning of surgery (half bottle)
3. Two freshly washed towels, one for each shower.
4. Clean loose-fitting clothing for sleeping the night before surgery, such as pajamas and clean loose fitting warm clothes to wear the day of surgery.
5. Freshly washed sheets on bed.

What should I NOT do?

DO NOT	WHY?
DO NOT use CHG soap on eyes, ears, nose, mouth, head, or genital area. Quickly rinse with cold water if used on any of these areas.	CHG can cause harm to these areas. CHG is safe to use on other parts of the body.
DO NOT use CHG soap on broken skin or open sores	CHG can cause irritation to broken skin or open sores. CHG is safe to use on other parts of your body.
IF PREGNANT AND/OR BREASTFEEDING DO NOT use CHG on breasts.	CHG can cause harms to baby's eyes, ears, nose, mouth, or head.
DO NOT scrub too hard with the sponge/cloth.	Scrubbing too hard can increase the chance of infection.
DO NOT shave, wax, or use any hair removal products 48 hours before surgery.	Hair removal can irritate your skin and increase the chance of infection. Any needed hair removal for surgery will take place at the hospital.
DO NOT continue to use CHG soap if you have itching, burning, or develop a rash.	Tingling is normal. If you itch or your skin becomes red, you may be having a reaction.
DO NOT use lotions, moisturizers, perfumes, deodorant, powder, cologne, or makeup after showering with the CHG soap.	These products may lessen the effectiveness of CHG soap to remove germs.
DO NOT sleep with pets the night before surgery.	Pet skin or fur can also have germs.



What should I do?

Step 1. Prepare to take the first shower the night before surgery. Open the CHG soap and sponge/cloth pack and place CHG soap and one sponge/cloth into the shower. Remove the cap on the soap bottle, flip the cap over, and place it on the bottle top and twist. This will break the seal. Leave the bottle cap on the CHG soap bottle until ready for use. Collect clean towel and loose clothing that will be worn when you sleep.

Step 2. During your shower, first wash your hair and face with regular products. Then rinse hair and body to remove any shampoo/soap.

Step 3. After washing your hair and face with regular products, wet the sponge/cloth that was in the CHG soap package and squeeze out extra water.

Step 4. Step away from the shower water, so that the water does not fall on your skin.

Step 5. Slowly pour some of the CHG soap onto one sponge/cloth and wash the first body area listed below. Be sure to not touch the bottle to the sponge when pouring the soap. Then repeat this step for each of the next five areas. You may use up to one half of the bottle for the first shower. (If you received two kits you may use up to one whole bottle for the first shower.) Help may be needed to reach all areas on your body, such as your back.

CAUTION: If you experience any itching, burning or develop a rash, quickly rinse the body area with running water and stop using the CHG soap. Continue with antibacterial soap (i.e. Dial). Notify your healthcare team the morning of your surgery if you washed with regular soap instead of CHG soap.

In this order, use one sponge and add soap before washing each of the SIX following body areas:

1. Neck, chest, and shoulders
2. Both arms, hands, then armpits
3. Abdomen and groin
4. All of right leg and foot
5. All of left leg and foot
6. Back and then buttocks

Step 6. After washing with the CHG soap, wait one full minute before rinsing.

Step 7. After waiting the full minute, rinse the CHG soap suds from your body. After rinsing, it will feel like there is still some CHG soap on your skin. This is expected because the soap will remove germs overnight while you sleep.

Step 8. Dry off with freshly washed towel.

Step 9. Dress in clean loose-fitting clothing for sleeping, such as pajamas.

Step 10. Sleep the night before surgery in freshly washed sheets without pets.

Step 11. On the morning of surgery, use remaining half bottle of soap for your second shower (if you received two kits, use the second kit for this shower.) Repeat steps 3 through 8.

Step 12. Dress in clean warm loose fitting clothes to go to the hospital the day of surgery. It is important that your body be warm before surgery.