

Preoperative Instructions

Patient Guide to Chlorohexidine (CHG)



To keep your skin as clean as possible and reduce the risk of infection, please follow the following instructions:

Shower daily starting when instructed by the PAES nurse or surgeon's office using CHG, including the night before **and** the morning of your surgery.

CHG, also called Hibiclens, may be purchased at most major drug stores.

While in the Shower:

- Clean body with soap and water
- Turn off the water and open the packet of CHG
- Pour CHG onto hands and wash body from the neck down
- Pay special attention to the area you are having surgery, belly button, hands, behind the knees, feet and groin areas. (Limit wash to external areas of the private/genital area)
- Ask someone to help you if there are areas that are hard to reach
- Allow CHG to remain on skin for about 2 minutes prior to rinsing
- Turn on water and rinse
- Pat dry with a clean towel

The night before and morning of surgery do not use any powder, deodorant, perfumes or lotions

Wear clean pajamas to bed the night before surgery and sleep on clean sheets

Wear clean loose fitting clothing to the hospital - that can be easily removed the morning of your surgery