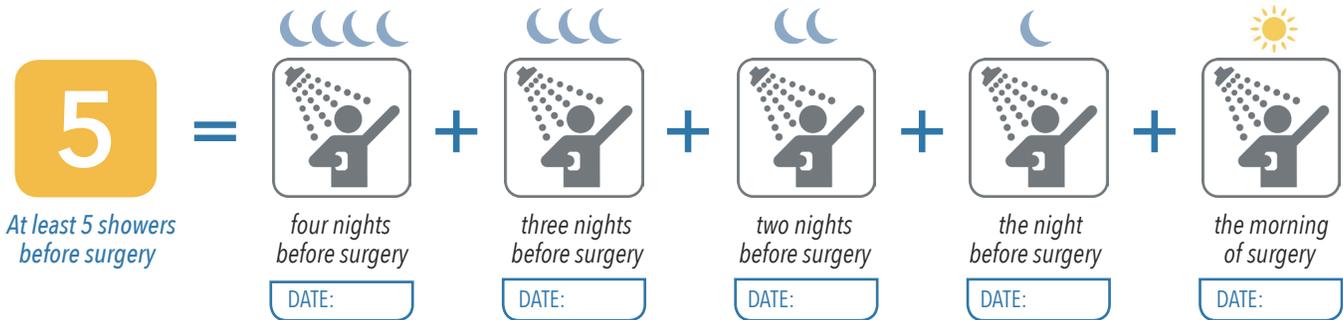# Shower with **Chlorhexidine Gluconate** (CHG) soap to prevent infection

Instructions:

You should shower with CHG soap a **minimum** of **five times** before your surgery, or more often as directed by your surgeon. Showering several times before surgery blocks germ growth and provides the best protection when used **at least 5x in a row**.

5
At least 5 showers before surgery

=

four nights before surgery
DATE:

+

three nights before surgery
DATE:

+

two nights before surgery
DATE:

+

the night before surgery
DATE:

+

the morning of surgery
DATE:

How to shower with CHG soap:

1. Rinse your body with warm water.

2. Wash your hair with regular shampoo. Rinse your hair with water. *If you are having neck surgery, use CHG soap instead of your regular shampoo to wash your hair. Rinse your hair with water.*

3. Wet a clean sponge. Turn off the water. Apply CHG liberally.

4. Firmly massage all areas: neck, arms, chest, back, abdomen, hips, groin, genitals (external only) and buttocks. Clean your legs and feet and between your fingers and toes. **Pay special attention to the site of your surgery and all surrounding skin.** *Ask for help to clean your back if you have a spinal surgery.*

5. Lather again before rinsing.

6. Turn on the water and rinse CHG off your body.

7. Dry off with a clean towel.

8. Don't apply lotions or powders.

9. Use clean clothes and freshly laundered bed linens.

Repeat steps 1-9 each time you shower

⚠ **CAUTION: When using CHG soap, avoid contact with eyes, nose, ear canals and mouth.**

Important reminders:

- Do not use any other soaps or body wash when using CHG. Other soaps can block the CHG benefits.

- After showering, do not apply lotion, cream, powder, deodorant, or hair conditioner.

- Do not shave or remove body hair. Facial shaving is permitted. If you are having head surgery, ask your doctor whether you can shave.

- CHG is safe to use on minor wounds, rashes, burns, and over staples and stiches.

- Allergic reactions are rare but may occur. If you have an allergic reaction, stop using CHG and call your doctor if you have a skin irritation.

- If you are allergic to CHG, please follow the bathing instructions above using an over-the-counter regular soap instead of CHG.

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