

Maternity Patient Instructions

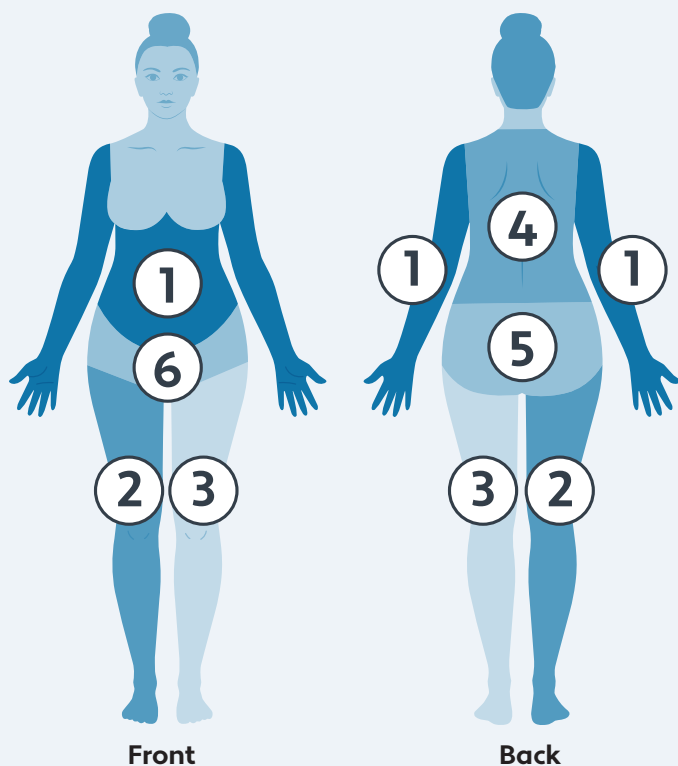
How to Use Chlorhexidine Gluconate (CHG) Soap Before Your Procedure

Surgery may put you at higher risk for infections. CHG is medical-grade soap that removes germs and helps prevent infection.

What will I need?

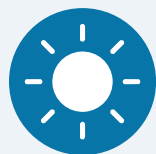
- Bottle of 4% CHG liquid soap
- Clean, newly laundered washcloth (non-cotton) or new mesh sponge
- Clean towel
- Clean pajamas and newly washed sheets

Wash body parts with CHG in this order:



The Night Before Surgery:

Shower and put on clean pajamas. Be sure to sleep on clean sheets. Do not sleep with your pets.



The Day of Surgery:

Shower, then dress in clean, warm, loose-fitting clothes or an inpatient gown. It is important to stay warm before your surgery.

Showering With CHG Soap:



Divide the Soap

Use half the bottle the night before surgery and half the morning of surgery.

DO NOT use other soaps, shampoos, conditioners, creams or lotions.



Wash Your Hair, Face, Neck and Breasts With Regular Soap

Wash your hair with your regular shampoo and use regular soap on your breasts and face. Rinse well.

DO NOT apply CHG to your face, hair, breasts, eyes or ear canals.



Wash Your Body With CHG Soap

Squeeze the soap onto a clean washcloth or new mesh sponge. Wash your body in the order shown in the diagram to the left.

Pay special attention to your:

- Skin folds
- Between fingers and toes
- Armpits
- Groin

Turn off water and continue lathering.



Leave Soap on Skin

Leave the CHG lather on your skin for 1-2 minutes before rinsing.

STOP using the CHG if you see a rash developing. Rinse CHG completely off skin and dry skin and skin folds thoroughly. Notify your health care team on the morning of your surgery.



Rinse Thoroughly

Rinse your body with warm water.

It may feel like there is still some CHG soap on your skin. This is normal. CHG continues to remove germs after your shower.



Dry With a Clean Towel

Use a clean towel to dry your skin and skin folds completely.

DO NOT apply lotions, moisturizers, perfumes, cologne, deodorant, powder or makeup after showering.

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- **DO NOT** combine regular soap or shampoo products with CHG on the same body areas. These products may reduce the effectiveness of the CHG and irritate your skin.
- **DO NOT** shave, wax or use any hair removal products 48 hours before surgery. This will help to avoid skin irritation and decrease the chance of infection. If an area needs to be shaved for your surgery, it will be done at the hospital.
- **DO NOT** apply lotions, moisturizers, perfumes, deodorant, powder, cologne or makeup. CHG may not work as well if you use them.

Important Information:

- CHG replaces regular soap and water for bathing and shampooing.
- CHG is better than soap and water at removing germs and works for up to 48 hours.
- CHG is safe to use on normal skin and on surface wounds, rashes and burns.
- If you're not able to shower, you may use 2% CHG wipes. Dispose of CHG wipes in the trash can—**DO NOT flush**.