

Patients showering with CHG soap

1 NIGHT BEFORE SURGERY DATE: _____

MORNING OF SURGERY DATE: _____

Please follow the showering instructions provided by your surgical team and this educational handout. You should bathe the night before AND the morning of surgery. You will need a total of 2 CHG (chlorhexidine gluconate) liquid soap bottles to complete both showers.

If you have an allergic reaction, stop using the Chlorhexidine Gluconate (CHG) soap and follow the bathing instructions using regular soap, preferably anti-bacterial soap such as Dial. If you have any questions, please contact your surgeon's office.

1. Rinse body with warm water.	2. Take a shower as you normally would (wash hair, face, body). Do not shave. Be sure to completely rinse off all products. 
3. Wet skin. Turn off water. Apply enough CHG solution to cover your body (a few caps full) using your hand. CHG is for use below the chin only. Do not use any other soap with CHG. Do not use a cloth as cotton decreases the effectiveness of CHG.	
4. Massage entire body from neck down, including between toes, surgery site, and all surrounding skin. Do not use on genital or buttock areas. Ask for help to clean your back if having a spinal surgery.	
5. Re-apply additional CHG to cover full body. Wait a minimum of 2 minutes before rinsing off. 	6. Turn on water. Lightly rinse your body. 
7. Dry off with a clean towel. 	8. Wear clean clothes and use clean bed linens. Avoid sleeping with pets. Do not apply lotions or creams after shower. 

*Slip hazard- CHG soap- Slippery when wet