

Chlorhexidine Gluconate (CHG) Pre-Surgical Cleansing

WHAT IS CHLORHEXIDINE GLUCONATE:

Chlorhexidine Gluconate (CHG 2% - 4%) is an antimicrobial agent that is used as a pre-surgical skin cleanser. It kills bacteria and other germs and inhibits the growth of new germs. As a patient, you play an important role in preparing your skin for surgery. Using CHG, as directed herein, will help reduce your chance of developing a surgical site infection.

HOW TO USE CHLORHEXIDINE GLUCONATE:

CHG should be used three (3) days, two consecutive nights before your surgery and the morning of your surgery. As our patient, you were provided or purchased a liquid solution of CHG (i.e., Apicicare, Hibiclens).

SHOWERING

TWO CONSECUTIVE NIGHTS BEFORE SURGERY:

1. While in the shower, wash your hair and body with regular shampoo and soap. Rinse off shampoo and soap completely. This is very important since shampoo and soap can reduce the effectiveness of CHG.
2. How to apply the liquid solution of CHG on your body. Use one bottle for 3 showers.
 - Pour 1/3rd of liquid CHG solution onto a clean damp washcloth. DO NOT dilute the CHG solution.
 - Step away from the water stream or turn off the water while washing with CHG. This will prevent rinsing off the CHG too soon.
 - CHG liquid solution, wash the remainder of your body from the neck down, taking care to avoid your genitals, anus, eyes, ears and mouth
 - Allow the CHG solution to remain on your skin for 3-5 minutes.
 - Concentrate on the body site where you will have the operation.
 - Take care to wash skin folds, belly button, crevices, feet and in between toes (last), as this is a common place for bacteria to live.
3. Rinse the CHG solution away, concentrating again on the skin folds, crevices, feet and toes.
4. Dry yourself very well using a clean towel. Dry skin folds and feet well.
5. DO NOT use any ointments, lotions or powders after your CHG pre-surgical shower. Ointments, lotions or powders will reduce the effectiveness of CHG.
6. Dress in clean pajamas or comfortable clothing. Use clean linen on your bed.

Note: Do not shave in the three days prior to surgery. Shaving with a razor increases your risk of infection when you have surgery.

THE MORNING OF SURGERY:

- Follow steps 2 thru 4. Only use the CHG per the above instructions.
- DO NOT use your regular shampoo or soap in the shower. Using shampoo, soap, ointments, lotions or powders will decrease the effectiveness of the CHG pre-surgical cleansing.
- Dress in clean and comfortable clothing.

Do not use Chlorhexidine Gluconate (CHG):

- On open skin wounds
- On the face or head
- In the eyes, ears or mouth
- In the genitals or anal area
- If you are allergic to Chlorhexidine Gluconate or any of its components (only use antibacterial soap if you are allergic or have sensitivity to the CHG).
- If you have had an allergic reaction to isopropyl alcohol
- Talk to your physician first if you are pregnant or breast feeding
- As a general skin cleanser

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
- New or worsening skin rash, redness, burning, itching, or swelling in the area where the medicine is applied.
- If you notice other side effects that you think are caused by this medicine. Purchasing: You can purchase 2% or 4% Chlorhexidine Gluconate, (brand names, i.e., Aplicare, Hibiclens) at a Beaumont Pharmacy or your local store pharmacy.

WARNING: Avoid contact of this product with eyes and mucous membranes. If this product inadvertently comes in contact with eyes, immediately flush with cool water for 15 minutes and contact a physician. If this product is inadvertently swallowed, contact a physician and/or poison control center immediately.

You need to shower for 3 consecutive days with CHG prior to your surgery:

One shower, **two (2) days prior to surgery:** _____
(Date)

One shower, **one (1) day prior to surgery:** _____
(Date)

One shower on the **morning of surgery:** _____
(Date)