

# 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) consecutive days: two 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. Hibiclens or Dyna-Hex). Make sure to put clean linen on your bed at the start of this series of showers, however, if your pets are coming in contact with your sheets you MUST change them before the second evening shower.

## 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.
  - Wash your body from the neck down, front and back, taking care to avoid your genitals, anus, eyes, ears and mouth.
  - Allow the CHG solution to remain on your skin for 3-5 minutes.
  - During the wait time, concentrate on the body site where you will have the operation, as well as, the 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 off thoroughly, concentrating again on the skin folds, crevices, feet and toes.
4. Dry yourself very well using a clean towel including any skin folds and feet. Use fresh towels for each shower.
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 fresh, clean pajamas or comfortable clothing after each shower.

**Note: Do not shave with a razor blade anywhere on your body for three days prior to surgery. Shaving with a razor increases your risk of infection when you have surgery. Electric shavers are okay to use.**

### 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 and do not apply lotions or deodorant after the last shower. Using these products will decrease the effectiveness of the CHG pre-surgical cleanser.
- 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 liquid soap such as Dial 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 cleanser was applied.
- If you notice other side effects that you think may be caused by this cleanser.

**Purchasing:** You can purchase 2% or 4% Chlorhexidine Gluconate cleanser (brand names Hibiclens or Dyna Hex) 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 into 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:**

First shower, **two (2) nights prior to surgery:** \_\_\_\_\_  
(Date)

Second shower, **one (1) night prior to surgery:** \_\_\_\_\_  
(Date)

Third shower on the **morning of surgery:** \_\_\_\_\_  
(Date)