

Preparing Your Skin Before Surgery

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgical site. This facility, along with your physician, recommends cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution designed to reduce the risk of infection. This skin cleansing is to be done twice at home prior to surgery and again the day of surgery. An additional package will be given to you in the pre-operative area on the day of surgery. If possible, please have someone with you on the day of surgery to help you.

Preparing your skin before surgery:

Shower, bathe and shampoo your hair at least two hours before prepping the skin. This allows your pores to close before using this product. **Do not** shave for 2 days before surgery on any area of the body, including the legs and underarms. Men may shave their face.

- Skin must be prepared at night before surgery (approx. 7 pm) at home, using the package of cleansing wipes.
- Use one cloth to prepare each area of the body. Wipe each area thoroughly in a back and forth motion, but do not scrub. **Use all six cloths** in the package following the order shown in steps 1 through 6 below.
- **Do not use cloths on face, near eyes or ears.** Do not apply to broken skin or open wounds.
- Allow area to air dry for one minute. Do not rinse or towel off. It is normal for the skin to have a temporary “tacky” feel for several minutes. If you experience itching or irritation, you may rinse the area with clear water. Be sure to sleep on clean sheets and wear clean pajamas.
- Throw out all cleaning cloths in the garbage. **Do not flush in the toilet. Do not** apply lotions, moisturizers or makeup after preparing skin. **Do not** shower or wash after preparing the skin in the evening. **Do not** shower or wash the morning of surgery. Wear clean, freshly washed clothes to the hospital.

Use one cloth to prepare each area of the body in the following order:

1. Wipe your **neck, chest and abdomen**
2. Wipe **both arms**, starting with the shoulder and ending at fingertips. Be sure to thoroughly wipe the arm pit areas.
3. Wipe **both legs**, starting at the thigh and ending at the toes. Be sure to thoroughly wipe behind your knees.
4. Wipe your **back** starting at the base of your neck to your waist line. Help may be required.
5. Wipe your **right and left hip** followed by your **groin**. Be sure to wipe folds in the groin area.
6. Wipe the **buttocks**.

