Bathing Before Surgery

Before surgery, you can play an important role in your health. Using special antimicrobial bathing cloths greatly reduces the germs on the skin, which helps prevent infections. These cloths contain chlorhexidine gluconate (CHG), which kills germs.

- Please read all of these instructions and follow them closely.
- Do not use if you are allergic to CHG.
- If rash, redness, itching, or other symptoms occur, stop using the cloths immediately. If symptoms persist, call your doctor.
- You MUST shower the night before your surgery.
- Do NOT shower the morning of your surgery.

When you shower

- Wash your hair as usual with your regular shampoo. Then rinse your hair and body thoroughly to remove any shampoo residue.
- Wash your face and entire body with a non-drying cleanser.
- Thoroughly rinse your body with warm water.
- Pat yourself dry with a clean towel.
- Do not apply powders, deodorants, lotions, creams, hair products, or make up.
- After your body has dried for 1 hour (60 minutes), wipe down your entire body (except your face and genital area) with CHG cloths. See back of this card for instructions.

Here at Roswell Park, we want to keep you safe and free from infection!
How to Use CHG cloths

**ONLY USE CHG CLOTHS BELOW JAWLINE**

- Use 1 cloth for each of the numbered areas in the diagram:
  - Area 1: Neck, chest, and abdomen. **Do NOT use CHG cloths on your face, or on/around your penis/vagina.**
  - Area 2: Arms
  - Areas 4 and 5: Legs
  - Area 6: Back of torso

- Throw away each cloth after you use it. Do NOT flush them down the toilet.

- Your skin may feel sticky until the aloe vera dries (about 10 minutes or less). **DO NOT wipe it off.**

- Allow to air dry. It takes longer for the skin to dry in skin folds and creases.

- Dress in freshly washed clothing.

[Diagram showing areas 1, 2, 4, 5, and 6]