Shower with Chlorhexidine Gluconate (CHG) soap to prevent infection

Instructions:
You should shower with CHG soap a **minimum of five times** before your surgery, or more often as directed by your surgeon. Showering several times before surgery blocks germ growth and provides the best protection when used **at least 5x in a row**.

How to shower with CHG soap:

1. Rinse your body with warm water.
2. Wash your hair with regular shampoo. Rinse your hair with water. **If you are having neck surgery, use CHG soap instead of your regular shampoo to wash your hair. Rinse your hair with water.**
3. Wet a clean sponge. Turn off the water. Apply CHG liberally.
4. Firmly massage all areas: neck, arms, chest, back, abdomen, hips, groin, genitals (external only) and buttocks. Clean your legs and feet and between your fingers and toes. **Pay special attention to the site of your surgery and all surrounding skin.** **Ask for help to clean your back if you have a spinal surgery.**
5. Lather again before rinsing.
6. Turn on the water and rinse CHG off your body.
7. Dry off with a clean towel.
8. Don’t apply lotions or powders.
9. Use clean clothes and freshly laundered bed linens.

Repeat steps 1-9 each time you shower

**CAUTION:** When using CHG soap, avoid contact with eyes, nose, ear canals and mouth.

Important reminders:

- Do not use any other soaps or body wash when using CHG. Other soaps can block the CHG benefits.
- After showering, do not apply lotion, cream, powder, deodorant, or hair conditioner.
- Do not shave or remove body hair. Facial shaving is permitted. If you are having head surgery, ask your doctor whether you can shave.
- CHG is safe to use on minor wounds, rashes, burns, and over staples and stitches.
- Allergic reactions are rare but may occur. If you have an allergic reaction, stop using CHG and call your doctor if you have a skin irritation.
- If you are allergic to CHG, please follow the bathing instructions above using an over-the-counter regular soap instead of CHG.