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**.

5 = four nights before surgery + three nights before surgery + two nights before surgery + the night before surgery + the morning of surgery

**How to shower with CHG soap:**

1. Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse completely.
2. Turn off the shower or step out of the bathwater.
3. Pour a quarter size amount of liquid CHG soap onto a wet, clean washcloth and apply to your entire body **FROM THE NECK DOWN** (DO NOT use CHG on face, hair, or genital area).
4. Rub the soap filled washcloth over your entire body – apply more soap as needed.
5. Turn on the shower or return to the bath and rinse the liquid soap off your body.
6. Towel dry.

**Repeat steps 1-6 each time you shower**

**CAUTION:**
- CHG is not to be used on the head, face, or genital area
- CHG should be kept away from the eyes, ears, or mouth
- CHG should not be used if you are allergic to any of the ingredients in the preparation

**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 any body hair below the neck (facial shaving is permitted).
- CHG is safe to use on minor wounds, rashes, burns, and over staples and stiches.
- 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 antibacterial soap instead of CHG.
- CHG soap is available to purchase at most drug stores.