



## Skin Preparation before your Surgery: Preventing Infections

Before surgery, your skin needs to be thoroughly treated with a special product. This is because all humans have bacteria and germs that live on their skin. When you have surgery, these bacteria can sometimes cause an infection. **If you do not receive the product during your appointment you will need to purchase 16 ounces of Chlorhexidine Gluconate (CHG) solution 4%.** This must be used for 3 skin treatments before your surgery.

### Instructions


When
✓ 2 weeks Before Surgery

**Shaving:** Do not shave the surgical area during the 2 weeks before your surgery. Using a razor to remove your hair before surgery can cause infections because it can leave small cuts on the skin.

**Showering and skin treatment:** Starting two days before surgery through the day of surgery, take your normal shower with soap and shampoo. Rinse well. If you are unable to reach all of the areas of your body please use a brush or ask for assistance.

After your normal shower each of these 3 days, you will apply a **Chlorhexidine Gluconate (CHG) solution 4% foam or liquid treatment.**

**Please complete this checklist and bring to the hospital on the day of surgery.**

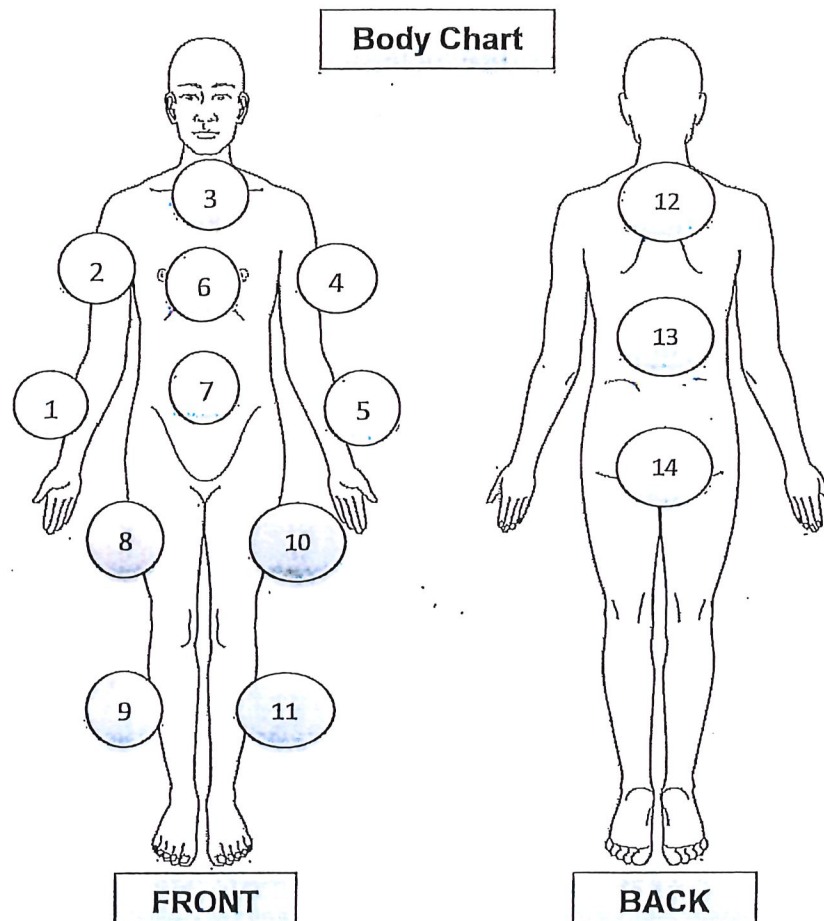
Enter Dates,  check boxes, when you complete a treatment.

When	Date	CHG 4% Solution
2 Days Before Surgery	_____	<input type="checkbox"/>
1 Day Before Surgery	_____	<input type="checkbox"/>
Day of Surgery	_____	<input type="checkbox"/>

If you have any questions about these instructions, please call your surgeon's clinic office and ask for a nurse.

## Shower and Treatment Instructions

- Turn off the water after your normal shower.
- Starting at your surgical site, **rub the liquid Chlorhexidine Gluconate (CHG) solution 4%** to all 14 areas shown on the body chart below:
  - ✓ Treat your **arms, armpits, neck, chest, and abdomen.**
  - ✓ Treat front and back of both **legs**, starting at your **thighs** and ending at your **toes.**
  - ✓ Treat your **back** starting at your hairline down to your **waist.**
  - ✓ Treat the **folds** in your **groin area** and **buttocks** area.
- You will use about **2 to 4 ounces of liquid** of the **Chlorhexidine Gluconate (CHG) solution 4%** per treatment, depending on your body size.
- Turn on the water and rinse your body thoroughly.
- Using a fresh, clean towel, dry your body and dress in freshly washed clothes.
- Do not use lotions, powders, or creams after these treatments.
- The night before surgery make sure to have fresh clean linens on your bed.



The nursing staff at HealthPartners wishes you a speedy recovery. We thank you for choosing HealthPartners for your surgical needs.