Preparing the Skin before Surgery

Preparing the skin for surgery can reduce the risk of infection at the surgical site. To make this easier, we have chosen disposable cloths moistened with a rinse-free 2% Chlorhexidine Gluconate antiseptic solution to reduce the bacteria on the skin.

Prep the skin at the following time: _____

Directions:

Shower and shampoo your hair with your normal products two to three hours prior to prepping your skin with the disposable cloths. Use warm water, not hot water.

Do not:

- Use any lotions, moisturizers, deodorant, or make up after the shower or before using the disposable cloths. These products, as well as water may reduce the antiseptic effects of Chlorhexidine.
- Use the cloths on your face, mouth, ears or mucous membranes.
- Scrub your skin with the wipes.
- Rinse your skin after using the Chlorhexidine cloths.

It is important that you do the following:

- Be sure your skin is completely dry and cool before using the cloths.
- Gently wipe your body with the cloths in the order described below.
- Allow your skin to air dry after using the cloths. You may feel "stickiness" until the skin is dries completely.
- Wear **clean** clothing after completing the body wash with the cloths.
- Using scissors, cut off the end seal of all three packages. There are two cloths per package.

Follow Steps 1 through 6 below very carefully:

Cloth 1- Wipe your neck, chest, and abdomen.

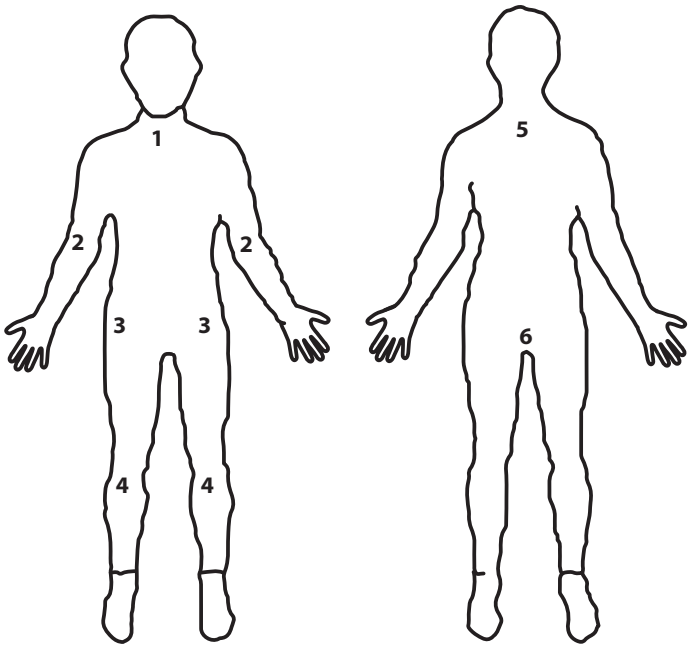
Cloth 2- Wipe right and left arms, front and back, starting with the shoulder and ending at your fingertips. Be sure to thoroughly wipe both armpit areas.

Cloth 3- Wipe your right and left hip, followed by your groins. Be sure to wipe folds in the abdominal and groin areas.

Cloth 4- Wipe right and left legs, front and back, starting at the thigh and ending at the toes. Be sure to thoroughly wipe behind your knee.

Cloth 5- Wipe your back starting at the base of your neck and ending at your waistline. Cover as much area as possible. You may need help with this step.

Cloth 6- Wipe the buttocks.



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