



Using Chlorhexidine (CHG) Before Your Procedure

Before surgery, it is important to clean your skin to reduce the risk of infection.

Chlorhexidine (CHG), also called Hibiclens® or Dyna-Hex®, is an antiseptic skin cleanser that helps clean the skin and remove bacteria that could enter your incision (cut) during your procedure and cause an infection. Using CHG before surgery helps to prevent surgical infections.

You can get CHG from your pharmacy or doctor's office when you schedule your procedure.

Starting on _____
you will use CHG for
_____ days.

How to Use CHG

You will need:

- 2 clean washcloths
- Regular soap
- 1 bottle (4 oz.) of chlorhexidine (CHG)

Follow these steps to use CHG:

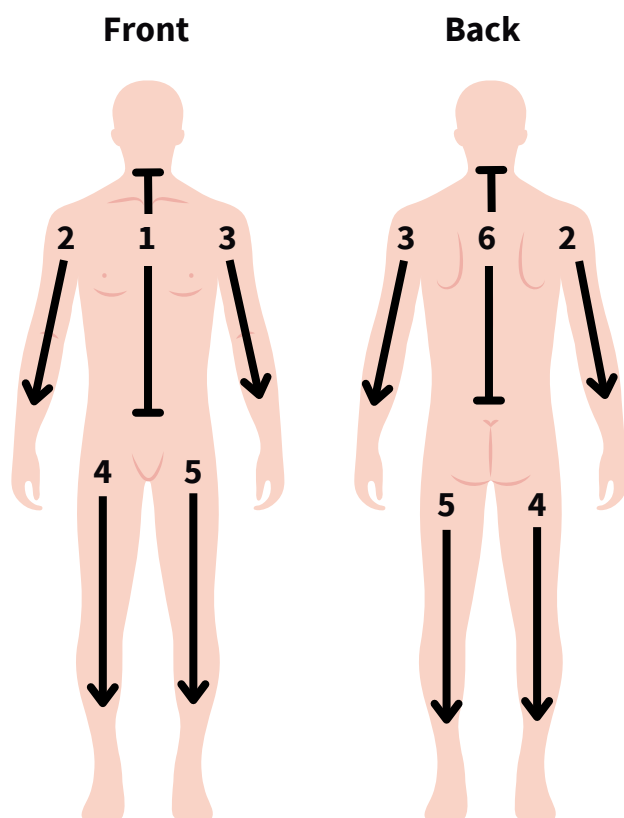
1. Using the first washcloth, wash your whole body in the shower with your normal soap. You may wash your hair with your normal shampoo.
2. Rinse and do not use that washcloth again.
3. Turn the water off or move away from the shower spray.
4. Pour enough CHG to cover your skin onto the second clean, wet washcloth or directly on your skin. **Do not use on your face, eyes, ears, mouth, or genitals.**
5. Wash the area where you will be having surgery. Scrub in circular motions and be sure to get in all skin folds.

Note: CHG will not lather.



6. Wash the rest of your body, from your chin to your toes, ending with the groin area. Scrub in circular motions and be sure to get in all skin folds.

Using the picture below, wash in order following the numbers 1 to 6.



7. Once you are finished, let the CHG stay on your skin for 3 minutes.

8. Turn the shower back on or move back under the shower spray and rinse the CHG off your body completely.

9. After using the CHG, pat yourself dry with a freshly washed towel. Do not apply skin products such as lotion, powder, or deodorant.

10. Dress in clean clothes and sleep on clean sheets.

Possible Side Effects of CHG

- Your skin may feel sticky or itchy. That feeling should go away after your skin dries.
- If you have continued itchiness, burning, redness, or other allergy symptoms, please stop using CHG and contact your doctor.
- If you are allergic to chlorhexidine, you can use an antibacterial soap like Dial® to shower.