Preparing for Your Surgery

Shower with Chlorhexidine (CHG) Soap to Prevent Infection

You play an important role in preventing an infection into your surgical area. Everyone's skin has germs on it and germs can cause infection. Before your surgery, the goal is to make your skin as germ-free as possible. To get rid of germs on your body you need to shower with an antiseptic soap called Chlorhexidine Gluconate (CHG) prior to your surgery. The CHG soap will help decrease germs, which will help decrease the risk of you getting an infection into your surgical area. To bathe with CHG follow the instructions on the back side of this card.

Important reminders about CHG Soap

- **DO NOT** use CHG on eyes, ears, mouth, face, scalp, wounds, genital or rectal areas.
- **DO NOT** shave or remove body hair prior to your surgery. This can irritate the skin and cause an infection.
- **DO NOT** apply lotion, cream deodorant, perfume, powders or oils after the CHG shower.
- **DO NOT** wash with regular soap immediately after using the CHG.
- **DO NOT** scrub the skin too hard.
- **Call your doctor right away if you notice any side effects**, such as, but not limited to: Severe burning, itching, redness, hives, blistering, peeling, swelling, rash or any other severe irritant, trouble breathing, or chest tightness.

Henry Mayo
Newhall Hospital

Follow these steps:

1. Perform your normal shower routine using your shampoo, conditioner and soap. Rinse thoroughly.

2. Wet the mitt cloth. Turn off the water. Apply the CHG soap to the cloth.

3. Gently wash your entire body FROM THE CHIN DOWN for two (2) minutes. Keep out of eyes, ears, mouth, face, scalp, wounds, genital or rectal areas.

4. Turn the water back on and rinse thoroughly.

5. Towel dry with a freshly laundered towel after every CHG shower.

6. Dress with freshly laundered clothes after every CHG shower.

2 NIGHTS BEFORE SURGERY	1 NIGHT BEFORE SURGERY	MORNING BEFORE SURGERY
INITIALS	INITIALS	INITIALS
DATE	DATE	DATE

PLEASE BRING THIS COMPLETED THE DAY OF SURGERY

Henry Mayo Newhall Hospital

23845 McBean Parkway, Valencia, CA 91355
661.253.8000 | henrymayo.com