

Chlorhexidine (CHG) Bathing Instructions

Bathe with a chlorhexidine soap only if told to do so by a health care provider.

Shower with this soap the **day before** and the **morning of** your surgery.

This soap is mild. It helps reduce infections after surgery. This soap is not to be used by people who are allergic to it or who have wounds on their skin.

1. Wash your hair and face with the soap you normally use.
2. Do not shave surgical area.
3. Apply the chlorhexidine soap to your body **from the neck down**. Do not apply this soap directly to genital area, eyes and ear canal.
4. Turn water off to prevent rinsing the chlorhexidine soap off too soon. Wash your body gently for 5 minutes. Pay special attention to the surgical site. Do not scrub your skin too hard. Do not wash with your regular soap after the chlorhexidine soap is used.
5. After this soap has been on your skin for at least 5 minutes, rinse your body thoroughly.
6. Pat yourself dry with a clean, soft towel.
7. **Do not put anything** on your hair, face or skin after your shower.

Drugstores stocking chlorhexidine soaps: Purchase over the counter at most large drugstores including Walgreens, CVS and Walmart. A common brand name for this soap is Hibiclens, but any brand is acceptable to use.

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