

Cleansing your skin before a procedure or surgery using Chlorhexidine wash cloths

Preparing your skin before a procedure or surgery can reduce your risk of infection. For specific surgeries, this hospital recommends cleansing with cloths moistened with a rinse-free, antiseptic solution (2% Chlorhexidine Digluconate) to reduce the number of microorganisms on your skin.

You will be given a pack of 4 cloths to cleanse your skin with at home on the evening prior to your procedure / surgery. Following admission on the day of your procedure / surgery you will use a second packet of wipes to cleanse your skin under the supervision of a staff member.

Do not shave or wax any area of your body for 2 days before your procedure / surgery, including the legs and underarms. Men may shave their face.

Preparing your skin the night before your procedure or surgery:

Wash cloths can be used cool, at room temperature or heated in your microwave (800watt). If using a microwave, heat one unopened packet at a time for 20-30 seconds. If packet feels too hot to hold comfortably, allow to cool to a more comfortable temperature prior to using wipes.

- Take a shower or bath and shampoo your hair using your normal shower products.
- Dry yourself well using a fresh **clean** towel.
- Use one cloth for each area of your body as shown in the picture over the page.
 - Wipe the cloth over the area using gentle friction.
 - Do not use on face, near eyes, ears body orifices or on broken skin.
 - Pay particular attention to underarms, navel area and all other skin folds and crevices.
 - Use a new cloth for the next area in the order described.
- When you have used all 4 cloths, allow your body to air dry for one minute. Do not rinse or towel off. Your skin may feel tacky for a few minutes.
- Do not apply moisturisers, lotions or makeup after preparing your skin.
- Dispose of used cloths into the garbage (DO NOT FLUSH).
- Wash your hands after discarding wipes.
- Be sure to sleep on freshly laundered clean sheets and pyjamas.



On the morning of your procedure or surgery:

- Have a shower the next morning at home with soap.
- Wear freshly clean laundered clothes to hospital. Hospital staff will assist with application of Chlorhexidine wipes prior to your surgery.

**If redness or itching occurs and persists, please discontinue use. Rinse off under a warm shower. Ask your Nurse if you have any concerns or need additional assistance.*

Cleanse your skin as follows:

1st wipe	Starting from below your jawline wipe around your neck, arms and back.
2nd wipe	Wipe your chest area, sides and then armpits
3rd wipe	Wipe both legs, front and back starting from top and working to toes
4th wipe	Wipe your groin and buttocks area

IMPORTANT

Check temperature of cloths before using. Wait until they are body temperature /comfortable to hold.

