



Getting Ready for Your Surgery: Using Antiseptic Cloths to Help Protect You from Infection

To help protect you from infection after surgery, we are giving you antiseptic cloths called 2% chlorhexidine gluconate or CHG antiseptic cloths. You will need to wipe your skin with the cloths on the night before surgery and on the morning of surgery. These cloths destroy germs on your skin that may cause infection. For the CHG cloths to work best, you must follow the instructions. You may need someone to help you apply these cloths on hard to reach areas, such as your back.

You will be given 2 packages of CHG cloths. Each package has 3 individual bags of 2 cloths (total of 6 cloths in each package). Use one package just before bedtime on the night before surgery and one package on the morning of surgery.

Follow these steps when using CHG antiseptic cloths:

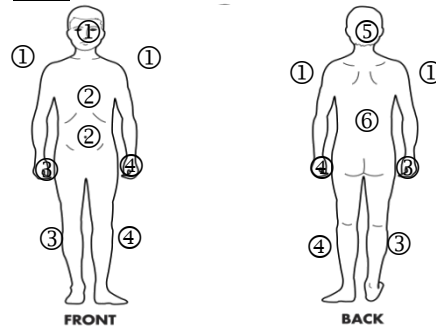
1. Stop shaving at least 2 days before surgery – this includes legs, face, underarms.
2. Shower or bathe as usual the day before surgery. After this shower or bath, **DO NOT** apply anything to your skin **EXCEPT** the CHG antiseptic cloths.
3. Wait one hour or more after you shower or bathe to let your skin dry and cool before applying the CHG antiseptic cloths.
4. When you are ready to apply the CHG antiseptic cloths on the night before surgery and on the morning of surgery:
 - a. Open the package.
 - b. Remove the 3 individual bags of CHG antiseptic cloths.
 - c. Open each bag and use both cloths.
 - d. Throw away the piece of foam in each bag.
 - e. You will use all 6 cloths in the package.

*****Remember:** Use 1 package the night before surgery and 1 package the morning of surgery.

5. Gently rub the CHG antiseptic cloths in a back and forth motion on your cool, dry skin. You should apply these cloths to **all** of your skin from your chin to your toes. **DO NOT** use the CHG antiseptic cloths anywhere on your face. Use **one** cloth for each of the following areas.

You **must** apply the wipes in this order:

- ① Neck, chest, both arms and underarms
- ② Abdomen and groin
- ③ Right leg and foot
- ④ Left leg and foot
- ⑤ Back
- ⑥ Buttocks, including the skin fold



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6. Allow your skin to air dry. DO NOT rinse. It is normal for the skin to feel “sticky” for several minutes after you use the wipes. You can put on clean clothes once your skin is dry -- about 5 minutes after using the CHG antiseptic cloths.
7. You may have some itching or redness after using the wipes. This should go away quickly. If the redness or itching does not go away after 10 minutes, rinse off and stop using the wipes.
8. After you have applied the CHG antiseptic cloths, DO NOT shower, bathe or apply lotions, moisturizers, deodorants, powders or makeup. The antiseptic wipes work best when left on your clean, dry skin and no other products are used.
9. Let us know if you have any questions about using these antiseptic cloths. Call the Pre-admission Testing Clinic (212-263-5985)