



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 these instructions. You may need someone to help you apply these cloths on hard to reach areas such as your back.

CHG antiseptic cloths do not usually irritate or bother the skin. **You should talk to your healthcare team if you have sensitive skin or any ongoing skin problems.**

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 face, underarms, legs.
2. Shower or bathe as usual the day before surgery. After this shower or bath, **do not** shower or bathe again or 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.

See next page.

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.

Apply the wipes in the order below. Throw away each wipe after you have finished using it. **Use all 6 wipes.**

- 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

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 or sleepwear (has not been worn since being washed) 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.

REMEMBER:

- Use 1 package of the CHG antiseptic cloths the night before surgery **and** 1 package the morning of surgery.
- Apply the CHG antiseptic cloths to **dry, cool and intact (no open sores or cuts)** skin. If you shower or bathe the day before surgery, **wait one hour or more** before applying the CHG antiseptic cloths to your skin.
- **Do not** apply anything to the skin EXCEPT the CHG antiseptic cloth the night before and the morning of surgery.
- **Gently** apply the CHG antiseptic cloths to your skin--rubbing the skin may cause irritation.
- **Do not** bathe or shower on the morning of surgery.
- Only wear **clean** sleepwear or clothing (has not been worn since being washed) after using the CHG wipes.

Questions?

During business hours (Monday through Friday from 8:00 am until 5:00 pm), call:

- HJD Pre-Admission Testing at (212) 598-6176
- Tisch Hospital Pre-Admission Testing at (212) 263-6570

After hours, weekends and holidays, call: Infection Prevention & Control- at (212) 263-4316

