Preparing Your Skin Before Surgery

Preparing or "prepping" skin before surgery can reduce your risk of infection at the surgical site. To make the process easier, this facility has chosen disposable cloths moistened with a rinse-free 2% Chlorhexidine Gluconate antiseptic solution designed to reduce the bacteria on the skin. The steps below outline the prepping process and should be carefully followed.

Prep the skin at the following time(s):

⇒ **DO NOT SHAVE ANY BODY PARTS** for 5 days prior to surgery from the neck down (your legs or underarms). Shaving can increase your risk of infection when you have surgery.

⇒ If you wish to shower, bathe or shampoo your hair, do so several hours before you prep your skin the first time.

⇒ Skin must be prepped on the **night before surgery** (approximately 7pm) at your home. Skin must be prepped on the **morning of surgery**, also at home. Assistance may be required.

Directions:

To open the packages:
Using scissors, cut off end seal of package.

Preparing your skin the night before surgery:

- **Do not** shower, bathe or shampoo hair.

- **Do not** allow this product to come in contact with your eyes, ears, mouth and mucous membranes.

- Reaching into the package, remove one cloth at a time.

- Use one clean cloth to prep areas 1 through 3 of the body, and one clean cloth for areas 4 through 6, as detailed with diagram to the right. Wipe each area in a back-and-forth motion. Be sure to wipe each area thoroughly. Assistance may be required. Use all cloths in the packages.

- **Do not** rinse or apply any lotions, moisturizers, deodorant, powder or makeup after prepping.

- Discard cloths in trash can.

- Allow your skin to air dry. You may feel tingly as the solution dries, this is normal. Dress in clean clothes / sleepwear.

Preparing your skin on the morning of surgery:

- **Do not** shower, bathe or shampoo hair.

- Open a new package and follow the instructions listed above.

First Cloth:

1. Wipe your **neck and chest**.

2. Wipe both **arms**, starting each with the shoulder and ending at fingertips. Be sure to thoroughly wipe the arm pit areas. Wipe and clean **navel** (belly button).

3. Wipe your **right and left hip**, followed by your **groin**. Be sure to wipe folds in the abdominal & groin areas. **DO NOT WASH PRIVATE AREAS**

Second cloth:

4. Wipe both **legs**, starting at the thigh and ending at the toes. Be sure to thoroughly wipe behind your knees.

5. Wipe your **back**, starting at the base of your neck and ending at your waist line. Cover as much area as possible. Assistance may be required.

6. Wipe the **buttocks**.