

Preparing Your Skin Before Surgery

Welcome to ChristianaCare! You have been scheduled for spine or orthopedic surgery. This guide will help you learn how to use a special cleanser to get your skin ready before your surgery. The cleanser is called Chlorhexidine Gluconate, or CHG. It will help prevent infection after surgery.

If you are allergic to CHG, do NOT use this cleanser. Instead, please use a liquid antibacterial soap like Dial, Safeguard, or Lever and follow the directions below. Please tell your care team about your allergy the day of surgery.

Showering and Special Cleanser Instructions Before Surgery

Follow these steps each day during showers for the 5 days before your surgery.






- Wash your hair with your usual shampoo and rinse your hair and body fully.
- Turn the water off after you finish washing your hair and before you apply the cleanser to keep it from washing off too soon.
- Put the cleanser from your chin down, using a clean washcloth or your hands. Do **NOT** use it near your ears, eyes, nose, or mouth.
- Wash your front and back, including your arms and legs for 5 minutes. Clean the area where you are having surgery extra carefully. Do not scrub too hard. Do not wash with regular soap after the CHG soap.
- Turn the water back on and rinse your body well.
- Use a clean towel to dry. Put on clean clothes and use clean bed linens. You only need to change the bed linens on the first day. Do not allow any pets on the bed after putting on clean bed linens.
- Do **NOT** use any lotions, perfumes, colognes, or powders after showering. You may use deodorant.
- Do **NOT** shave the area of your body where you will have surgery during the week before your surgery.

Morning of Surgery

- Do **not** shower the morning of surgery. You can wash your face with soap and water in the morning.
- Wear clean clothes and underwear to the hospital.



Use special cleanser for 5 showers, each day before surgery.

				
5 nights before surgery	4 nights before surgery	3 nights before surgery	2 nights before surgery	The night before surgery
Date:	Date:	Date:	Date:	Date: