Preparing the Skin before ORTHOPEDIC SURGERY

Before surgery, you can play an important role in your health. Preparing or “prepping” skin before surgery can reduce infections at the surgical site. You can reduce the number of germs on your skin by following these instructions. You will be provided with two, single-use, surgical scrub sponges containing a special soap called Chlorhexidine gluconate (CHG).

**IMPORTANT: Do not use if you are allergic to Chlorhexidine gluconate (CHG).**

**Instructions**

- Shower or bathe with the CHG sponges **two** times before your surgery, once the night before surgery **AND** again on the morning of surgery. Use a new CHG sponge for each shower or bath. Do **not** reuse the sponges.
- Apply the CHG soap (**sponge side of applicator**) to the entire body **ONLY FROM THE NECK DOWN**.
- Do **not** use the CHG sponge near your eyes, ears, or mouth to avoid injury to these areas. If contact occurs, rinse with cold water right away. If severe irritation occurs, contact a doctor.
- Wash thoroughly using the sponge as you would with a bar of soap. Make sure to wash the area where your surgery will be performed.
- Do **not** shave the area of the body where your surgery will be performed or scrub your skin too hard. This can lead to small cuts that can allow germs to enter your body.
- Do **not** wash with your regular soap after CHG is used.
- Rinse your body thoroughly.
- Pat yourself dry with a clean towel. Do **not** apply any lotions.
- Dress in clean clothes.

If you are unable to use the CHG sponges to shower or bathe at home, disposable CHG cloth wipes can be provided in the hospital on the day of surgery. The nurse will instruct you in their use.