

Our skin has many types of germs or bacteria on it. Washing with soap and water helps remove them. Before surgery, it is important that you take an extra step to help get rid of germs. This lowers the risk of infection at the site of your surgery. Please follow these steps to make sure your skin is as germ-free as possible.

## Step 1: Facts and Warnings about CHG Product

- Read the “Drug Facts” on the bottle but follow the skin cleaning directions on this sheet.
- Do not use the shower product if you are allergic to chlorhexidine gluconate or any other ingredients in it.
- If you are allergic, or cannot wash with it for any other reason, use an anti-bacterial soap like Dial® instead.
- Do not take a bath with the CHG product.
- Do not use CHG product on the head or face. Keep it out of your eyes, ears, and mouth.
- Do not use CHG product in the genital area or deep cuts, scrapes or open wounds.
- Do not swallow the CHG product.

## Step 2: Before Using CHG Product

Wash in the shower daily for **5 days** using these instructions:

- You may take a shower with regular soap before using CHG product.
- Wash your hair with your normal shampoo and rinse it well. Rinse any leftover shampoo from your skin.

- Wash your face and genital (private) areas with regular soap and water only.
- Rinse your body very well with warm water.
- Turn off the water so you won't rinse the CHG product off too soon.

## Step 3: How to Use CHG Product

Remember: Follow these washing instructions each day for **5 days** before your surgery.

1. Apply CHG product directly on the shower mitten and wash gently from the neck down (do not use on eyes, ears, mouth, or genitals).
2. Apply the minimum amount of product necessary to cover the skin area and wash gently, using the sand timer, leave the CHG product on body for **2 minutes**.
3. Turn the water back on and rinse very well with warm water
4. Do not use your regular soap after using and rinsing CHG product.
5. Pat yourself dry with a clean towel.
6. Use only compatible moisturizers or lotions (see Appendix).
7. Put on clean clothes.
8. Use clean bed linens after the first night's shower and the night before surgery.
9. If time allows, use the CHG shower product on the morning of surgery.

You may resume use of the CHG product after your surgery when your surgeon allows you to shower.

## APPENDIX

### CHG COMPATIBLE MOISTURIZERS

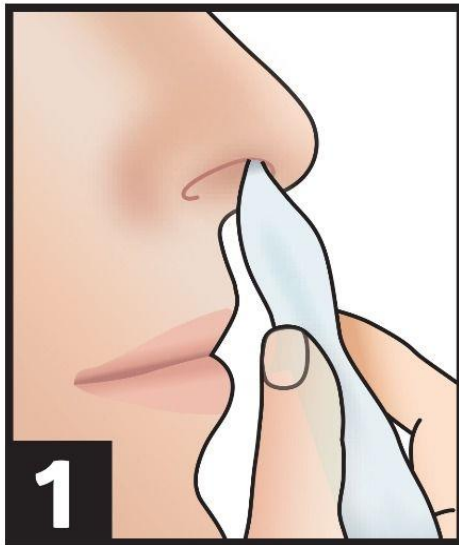
Aveeno Moisturizing Lotion  
Cetaphil Moisturizing Cream  
Cetaphil Moisturizing Lotion  
Clairol Herbal Essence Moisturizing Lotion, Dry Skin  
Clairol Herbal Essence Moisturizing Lotion, Extra Dry Skin  
Clairol Herbal Essence Moisturizing Lotion, Normal Skin  
Curel Age Defying Therapeutic Moisturizing Lotion with Alpha Hydroxy  
Curel Extreme Care Body Lotion  
Curel Soothing Hands Moisturizing Hand Lotion  
Curel Therapeutic Moisturizing Cream, Fragrance Free  
Curel Therapeutic Moisturizing Lotion, Fragrance Free  
Curel Therapeutic Moisturizing Lotion, Original Formula  
Eucerin Daily Replenishing Lotion  
Eucerin Dry Skin Therapy Plus Alpha Hydroxy Crème  
Eucerin Dry Skin Therapy Plus Alpha Hydroxy Lotion  
Eucerin Original Crème  
Eucerin Original Lotion

Eucerin Plus Crème Eucerin Plus Lotion  
Eucerin TriLipid Replenishing Lotion  
Keri Anti-Bacterial Hand Lotion  
Keri Deep Conditioning Original Lotion Dry Skin Formula Softly Scented  
Keri Deep Conditioning Original Lotion, Fragrance Free Sensitive Skin Formula  
Keri Lotion Fast Absorbing Fragrance Free Sensitive Skin Formula  
Keri Lotion Fast Absorbing Softly Scented Dry Skin Formula  
Keri Original Lotion  
Keri Skin Renewal Lotion Keri Silky Smooth Lotion  
Keri Silky Smooth Sensitive Skin Lotion  
Nivea Body Creamy Conditioning Oil  
Nivea Body Extra Enriched Lotion  
Nivea Body Original Lotion  
Nivea Body Sheer Moisturizing Lotion Nivea Crème  
Nivea Skin Firming Lotion  
NutraDerm 30 Skin Lotion  
NutraDerm Skin Lotion  
NutraDerm Therapeutic Skin Cream  
NutraDerm Therapeutic Skin Lotion  
ProShield Protective Hand Cream  
Provon moisturizing lotion

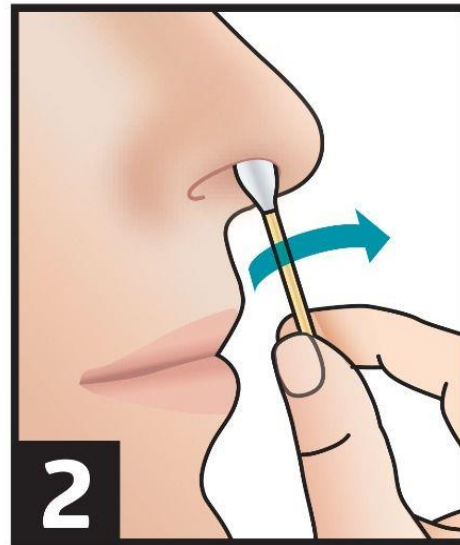
# Cleaning your Nose Before your Surgery

Our noses can carry a bacteria called *Staphylococcus aureus*. Studies show that ~30% of the population carry these bacteria. Using an alcohol-based nasal swab helps remove them. Before surgery, it is important that you take an extra step to help get rid of germs. This lowers the risk of infection at the site of your surgery. Please follow these steps to make sure your nose is as germ-free as possible.

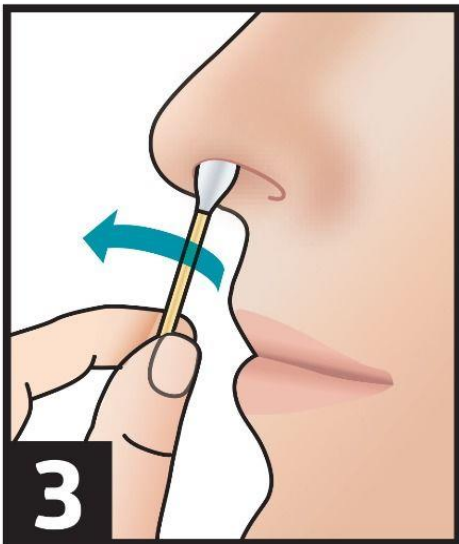
Use the nasal swab **twice a day for 5 days** before your surgery



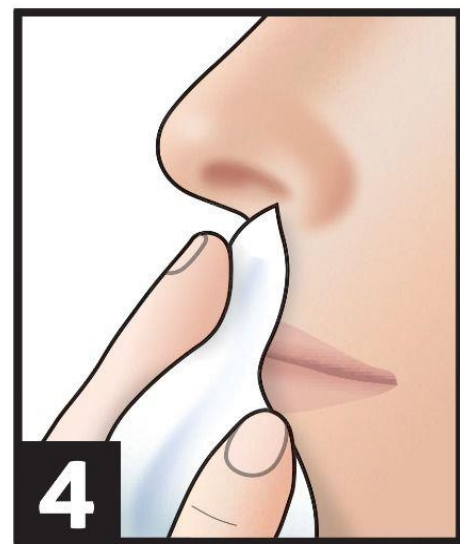
Use a tissue to clean the inside of both nostrils, including the inside tip of nostril. Discard.



Insert swab comfortably into tip of right nostril and rotate for 30 seconds, covering all surfaces.



Using same swab, repeat step 2 with tip of left nostril.



Do not blow nose. If solution drips, gently wipe with a tissue.