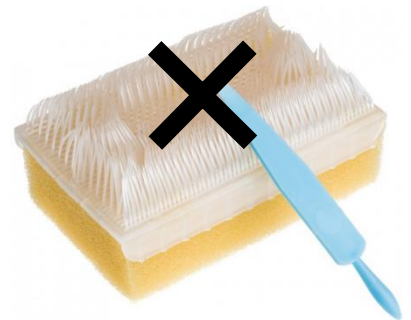


Pre-Operative Bath/Shower Information Sheet CHG Sponge

Preventing infections related to surgical procedures is very important to us at Fitzgibbon Hospital. We have many steps in place to decrease your chance of getting an infection. You can also play an important part in your own health. Before surgery, your skin needs to be as free from germs as possible. Thoroughly washing your skin can greatly decrease the germs on your skin and can help prevent an infection. You will be given two sponges which contain a special soap called chlorhexidine gluconate (CHG). You will use these sponges to clean your skin before your surgery.

- **DO NOT** use if you are ***allergic*** to chlorhexidine. (Use your usual soap products instead.)
- **DO NOT** use if you have ***sensitive skin conditions***, such as ***psoriasis***. (Use your usual soap products instead.)
- **DO NOT** use near your ***eyes or mouth***, as this may cause permanent damage to these areas.
- **DO NOT** use CHG to ***shampoo your hair***. (Use your usual shampoo instead.)
- **DO NOT** shave your surgery site area before surgery.

DO NOT use the ***brush*** side.



DO use the ***sponge*** side



***** Please follow these instructions *****

1. The evening before your surgery, take a shower or bath using the CHG sponge provided.
 - **First**, shampoo your hair with your usual shampoo.
 - **Next**, gently wash your body ***from the neck down*** for about 5 minutes with the CHG sponge. **DO NOT** use the **brush side** on your skin - **USE THE SPONGE SIDE ONLY**. Be sure to wash your surgery site well, but **DO NOT** scrub your skin hard. If you are unable to reach your surgery site, ask a family member to help you.
 - Rinse your skin well with water, then dry off.
2. The morning of surgery (***within 6 hours of your surgery time***, if possible), repeat a shower or bath as above in #1.