How To Use The **CHLORHEXIDINE GLUCONATE (CHG)** Disposable Cloths

**Prepping Your Skin The Night Before Surgery**

- Shower or bathe thoroughly.
- Wait two (2) hours after your shower or bath.
- DO NOT apply any lotions, creams, moisturizers, or deodorants.
- After two (2) hours have passed, follow the instructions below:

  *** USE BOTH SIDES OF CLOTH FOR FULL EFFECTIVENESS / CLEANLINESS ***

1. **CLOTH 1**
   - Clean your neck and chest area thoroughly.

2. **CLOTH 2**
   - Clean both arms using this one cloth. Start with the shoulder and ending at the fingertips. Be sure to include arm pits.

3. **CLOTH 3**
   - Have someone assist to clean your back. Clean from the base of your neck to your waistline.

4. **CLOTH 4**
   - Clean your buttocks and groin area. Be sure to wipe the folds in the abdominal and groin areas.
     - **LADIES**—This is an external wipe only, DO NOT wipe internally or between labia.
     - **MEN**—Avoid wiping the urethral area (tip of penis).

5. **CLOTH 5**
   - Clean your right leg thoroughly starting at the thigh and ending at the toes.

6. **CLOTH 6**
   - Clean your left leg thoroughly starting at the thigh and ending at the toes.

*** DO NOT RINSE ***

**Prepping Your Skin The Morning Of Surgery**

- DO NOT SHOWER, BATHE, OR SHAMPOO HAIR.
- Open a new package and follow the instructions listed above for the night before surgery.

*** DO NOT FLUSH THE WIPES ***