



FLINT

SKIN CLEANSING BEFORE JOINT SURGERY

To reduce the risk for infections after surgery, we recommend the following skin cleansing procedure. Good skin cleaning helps to decrease the number of germs living on your skin.

1. You will be given a bottle of chlorhexidine gluconate (CHG) soap; if allergic you can use regular antibacterial soap.
2. Shower using the CHG cleanser daily for 3 consecutive days prior to surgery, and again the morning of surgery. **Be sure to bring a clean, dry wash cloth, towel and clothes into the bathroom prior to your shower.**
3. Use your regular shampoo to clean your hair. Rinse the shampoo completely from your hair and body. CHG soap is inactivated by shampoos and soaps.
4. **Turn your water off or step away from the running water**, and then follow the instructions below to clean the rest of your body:
5. Put a quarter size amount of the cleaner on a clean washcloth and begin to wash your body starting with your neck and working your way down to your toes. Add cleaner to the cloth as needed until your whole body (including your back) has been washed.
DO NOT USE THE CLEANER ANYWHERE ON YOUR FACE, HEAD, ON AN OPEN SORE OR IN THE VAGINAL AREA. BE VERY CAREFUL TO NOT GET THE CLEANER IN YOUR EYES, EARS OR MOUTH. If the cleaner gets in your eyes, ears or mouth, immediately rinse them with a large amount of cool water for several minutes.
6. After covering your entire body with the CHG soap, **DO NOT RINSE**. Allow the soap to remain on your skin for 3 minutes.
7. When 3 minutes has passed, turn the water back on in the shower or step back into the shower stream and rinse your body well. **DO NOT WASH WITH ANY OTHER SOAP OR CLEANSER.**
8. Dry your body with a clean, dry towel and dress with clean, dry clothing.
9. Please do not apply body lotions, powders, deodorants or perfumes after bathing with CHG soap, as these products will inactivate the effects of the antimicrobial soap.
10. Please remember to shower using the CHG soap the morning of your surgery following these instructions closely.
11. Call your surgeon's office or Pre-Admission Testing at 810-342-2193 if you have any questions or concerns about your CHG bathing procedure.