Preparing the Skin Before Surgery with CHG Cloths

By following these instructions, you can play an important part in preparing your skin for surgery. The steps below outline what you need to do.

- **Do not shave** any body parts (legs, underarms, or genitals) for at least 2 days before surgery. Men may shave their faces.
- **Remove all jewelry** the night before your surgery.
- **Remove all makeup**, including lipstick and all nail polish (fingers & toes).
- If desired, shower or bathe at least **1 hour before** using wipes.
- **Follow protocol** below, as indicated by your doctor:
  - Apply product **first** at home on:
  - Apply product **next** at **HOME** or **Hospital/Surgery Center** on:

- You will use all 6 wipes per application.
- **Use only freshly laundered** towels and bed sheets, put on freshly laundered clothes.
- **Do not apply any lotion**, powder, perfume, makeup, nail polish, hair gels, hairspray or deodorant.

**INSTRUCTIONS:**
- Open the end of 3 packages (2 wipes per pack) with scissors.
- You will use all 6 wipes per application.
- Use 1 clean cloth to wipe each area of the body as shown in steps 1 to 6 and the picture. Discard wipe in trash after use, do NOT flush down toilet.
- Wipe each body part completely in a smooth, gentle, back and forth motion. Do not use in eyes, ears, or mouth. Do not scrub hard.

1. **Wipe your neck, chest and stomach area including abdominal folds with 1st wipe, then discard.**
2. **Wipe both arms, starting with the shoulder and ending at the fingertips (making sure to get under fingernails & armpit areas completely) with 2nd wipe, then discard.**
3. **Wipe your right and left hip area, including groin (where leg meets the body) with 3nd wipe, then discard.**
4. **Wipe both legs, starting at the thigh and ending at your toes with 4th wipe, then discard.**
5. **Wipe your back, starting at your neck and ending at your waistline (you may need help) with 5th wipe, then discard.**
6. **Wipe the buttocks with 6th wipe, then discard.**
7. **Allow skin to air dry.** You might feel sticky – this is normal.