

# Preoperative (Before Surgery) Antiseptic Shower Instructions

To protect your health during your surgery, we need your skin to be as clean and germ-free as possible. This will help stop infections during and after your surgery.

Your part in protecting your health is to use a special antiseptic soap that slows down or stops germs from growing. The soap is called CHG (chlorhexidine gluconate).

## What are the known side effects of CHG?

CHG is very safe. You do not need a prescription. Some people get a mild rash, but this usually goes away. Do not use CHG near your eyes, ears or mouth.

### We want you to shower with CHG 2 times:

1. The first time on the night before your surgery.
2. The second time on the morning before you come to the hospital for your surgery.

### Both times that you shower, follow these steps:

1. Wash your hair with your normal shampoo and rinse all shampoo out.
2. Wet your whole body.
3. **Turn the water off.**
4. **Do not put the soap on your face or head.** Remember, keep the soap away from your eyes, ears and mouth.
5. Put the CHG on your hand or a clean, wet washcloth and use it on every part of your body from your neck to your feet.
6. Wash your body gently for 5 minutes. Make sure you wash the part of your body where you will have surgery.

7. **Turn the water back on** and rinse your body until all the soap is gone.
8. Do **not** wash with your regular soap after washing with CHG.
9. Pat dry with a clean towel.
10. Do not use any powders, makeup, deodorants, perfumes or lotions.
11. Wear clean, comfortable clothing on the day of your surgery.

If, for some reason, you do not use the CHG soap, wash with soap and water the night before your surgery as well as the morning before you come to the hospital. If you cannot shower on the morning of your surgery, wash 2 times the day before your surgery.

**If you get a rash that doesn't go away, if your throat swells or if it is hard to breathe, stop using the CHG and call your doctor right away.**

### Special Instructions for Labor & Delivery

- Do not shave near the area where surgery will be performed.
- Wash your breasts with regular soap and water.
- **Do not put the CHG soap on your face, head or breasts.**

For more information, call **1-800-CEDARS-1**  
Learn more at [cedars-sinai.org/delivery](https://cedars-sinai.org/delivery)