



Preparing the Skin Before Your Procedure

Preparing or “prepping” skin before your procedure can reduce the risk of infection at the incision site. To make the process easier, this facility has chosen disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution. The steps below outline the prepping process and should be carefully followed.

Prep the skin at the following time(s):

- ♥ If you wish to shower, bathe or shampoo your hair, do so several hours before you prep your skin the first time.
- ♥ Skin must be prepped on the **night before your procedure** (about 7 PM) at your home. Skin must be prepped on the **morning of your procedure**, also at home. You may need assistance.

Directions:

- ♥ **To open package:** Remove the cellophane film and discard. Using scissors cut off end seal of all three of the packages. Place them on a clean table or counter top. Open the packages so that you can easily grasp the cloths. You will use all six cloths.

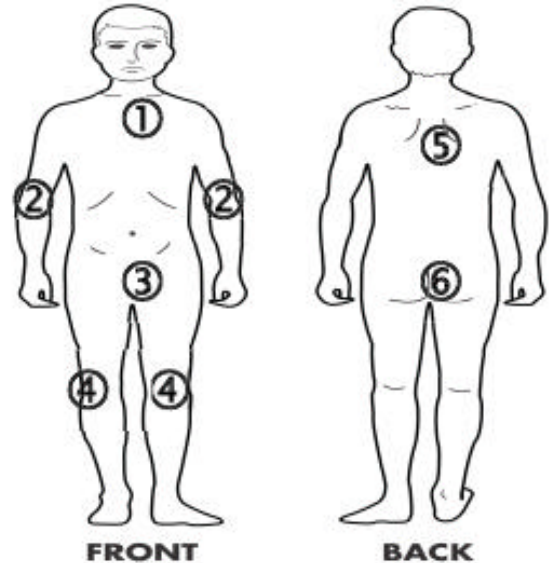
♥ Prepping the skin the night before your procedure:

- ♥ **Do Not** shower, bathe or shampoo hair.
- ♥ **Do not** allow this product to come in contact with your eyes, ears, mouth and mucous membranes.
- ♥ Reaching into one of the package, remove one cloth at a time.
- ♥ Using one clean cloth to prep each area of the body in order as shown in steps 1 through 6. Wipe each area in a back-and-forth motion. Be sure to wipe each area thoroughly. Assistance may be required. Use all cloths in the package.
- ♥ **Do not** rinse or apply any lotions, moisturizers or makeup after prepping.
- ♥ Discard all cloths in trash can.
- ♥ Allow your skin to air dry. Dress in clean clothes/ sleepwear.

♥ Prepping your skin on the morning of procedure:

- © **Do Not** shower, bathe or shampoo hair.
- ♥ Open a new package and follow the instructions listed above for the night before your procedure.

Prep the circled area(s) only:



1. Wipe **your neck and chest**.
2. Wipe **both arms**, starting each with the shoulder and ending at fingertips. *Be sure to thoroughly wipe the arm pit areas.*
3. Wipe your **right and left hip** followed by your **groin**. Be sure to wipe folds in the abdominal and groin areas.
4. Wipe **both legs**, starting at the thigh and ending at the toes. *Be sure to thoroughly wipe behind your knees.*
5. Wipe your **back** starting at the base of your neck and ending at your waist line. Wipe as much as possible. You may need assistance with your back.
6. Wipe the **buttocks**.