

# Cleaning with CHG cloths



Children's  
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## What are CHG cloths?

CHG (chlorhexidine gluconate) is a special kind of skin cleaner. You will use it at home to wash your skin the evening before surgery (pre-op).

## Why do I need to wash with CHG wipes before surgery?

CHG removes more germs from the skin than regular soap and water. This means that there is less chance of infection during and after surgery.

**NOTE:** Do not use CHG cloths if you:

- Are sensitive to CHG
- Have skin problems such as burns, rashes, eczema, or open wounds or dressings that cannot be removed.

## How do I use the CHG cloths?

Use CHG cloths to wash your skin the evening before you come to the hospital. Our staff will wash your skin again just before you go into surgery. To help prevent infection and prepare your skin for surgery, follow these guidelines:

### Before you use the CHG cloths:

1. Remove all jewelry such as earrings, necklaces and bracelets. Keep it off until after the surgery.
2. To help reduce germs, clean and trim fingernails and toenails. Also, remove any nail polish.
3. Wash first with regular soap and shampoo-rinse and dry well using a clean towel.
4. Do not apply any lotions, moisturizers or makeup after the shower or bath. These products may attract dirt to the skin.

**NOTE:** Do not use the cloths on your face, ears, eyes, nose, mouth or private parts (genital area). If the cloths do touch these areas, rinse them well with clean, warm water to prevent irritation.

This teaching sheet contains general information ONLY. Talk with your child's doctor or a member of your child's health care team about specific care for your child. In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

### To use the CHG cloths:

Using the CHG cloths, wipe your skin in a back-and-forth motion over the surgical area. **Wipe each area for 3 minutes. Use a new cloth for each area.**

The picture shows your surgical area. Wash this entire area.

1. Wipe your neck and chest
2. Wipe both arms from shoulders to finger tips
3. Wipe your right and left hip and then your groin (the external skin folds on either side of the private parts)
4. Wipe both legs, from the top of the thigh to your toes (wipe behind the knees)
5. Wipe your back from your neck to your waist
6. Wipe the buttocks

Do **NOT** use the cloths on your face, ears, eyes, nose, mouth or private parts (genital area).

\*Do not rinse the area with water unless a rash or redness occurs. Your skin will feel sticky for about 3-5 minutes. Let your skin air dry - do not use a towel to dry the skin.

### After using the CHG cloths:

1. **Do not flush the cloths down the toilet.** Throw them away in the trash
2. Dress in clean, washed pajamas.
3. Make sure sheets and bedding are clean and washed before going to bed.
4. Wash any comfort items such as blankets or stuffed animals that you may bring to the hospital.
5. Do not take a bath or shower the morning of surgery.
6. Our staff will wash your skin again just before you go into surgery. We will also give you a clean hospital gown and surgical hat to wear after your wash.

