

# Instructions for Using **CHG Body Wipes**

## For Spine Surgery Patients

These instructions are for how to use antiseptic **Chlorhexidine Gluconate (CHG)** wipes. Preparing your skin with CHG wipes helps prevent infections. You will apply the CHG treatment **two times**: once the night before the surgery, and once the morning of the surgery. Do not shave, wax, or remove body hair before the day of surgery or the morning of surgery. Keep the packages at room temperature.

### The Night Before Surgery

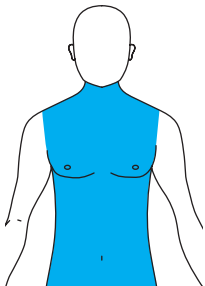
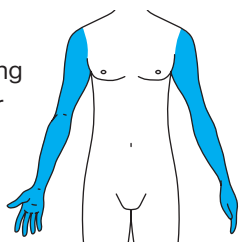
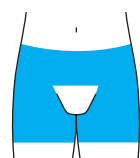
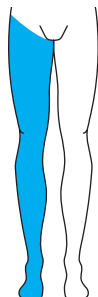
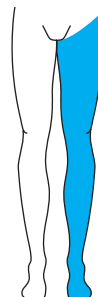
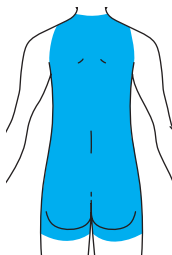
**Do not use powder, deodorant, or lotion.**

1. Bathe or Shower - wash your hair, face, and body with regular shampoo, conditioner, soap, etc.
2. Rinse off the regular shampoo, conditioner, and soap thoroughly.
3. Pat your skin dry with a clean towel.
4. Cover yourself with a towel or clean garment and wait 15 minutes.
5. Remove garment and apply CHG wipes to cool, dry skin as directed in the pictures below.

### The Morning of Surgery

**Do not use powder, deodorant, or lotion.**

1. Bathe or Shower – wash your hair, face, and body with regular shampoo, conditioner, soap, etc.
2. Apply wipes to cool, dry skin as directed in the pictures below.

<p><b>1</b></p> <p>Use one wipe for your <b>neck, chest, and abdomen.</b></p> 	<p><b>2</b></p> <p>Use one wipe for both <b>arms</b>, starting with the shoulder (including underarm areas) and ending at the fingertips.</p> 	<p><b>3</b></p> <p>Use one wipe for your <b>right and left hip</b> followed by your <b>groin</b>. Wipe folds in the abdominal and groin areas. <b>Avoid the genitals.</b></p> 
<p><b>4</b></p> <p>Use one wipe for your <b>right leg and foot</b>, starting at the thigh and ending at the toes.</p> 	<p><b>5</b></p> <p>Use one wipe for your <b>left leg and foot</b>, starting at the thigh and ending at the toes.</p> 	<p><b>6</b></p> <p>Use one wipe for your <b>back</b> starting at the base of your neck and ending at your waist line. Lastly, wipe the <b>buttocks</b>. Focus on the <b>spine</b> area. <b>Ask for help if you can't reach all areas.</b></p> 

- Do not rinse after cleaning your skin with the CHG wipes. Allow area to air dry for one minute. It is normal for your skin to feel "sticky" for several minutes. This will go away after your skin dries.
- Dress in clean clothes after your skin dries.
- Discard wipes in trash can; do not flush down toilet.
- **Do not use powder, deodorant, or lotion.**

**If you have any questions, please call your surgeon/surgery team**