

# How to cleanse your skin before surgery with cleansing cloths

## Reduce the risk of infection by using cleansing cloths

Before surgery, you have an important role in reducing your risk of infection at the surgery site. You can reduce the number of germs on your skin by gently cleansing your skin with the Sage® 2% Chlorhexidine Gluconate Cloths. **Do not to use these cloths if you have an allergy to chlorhexidine gluconate.**

**Important:** Don't shave your body below your neck 7 days before your surgery. Do not shower the day of your surgery.

## Night before surgery

**Do not follow the instructions on the Sage package(s) when cleansing your skin. Follow the instructions below.**

- Take a bath or shower.
- **Wait 1 to 2 hours.** Wipe your skin well with the Sage cloths. Use all of the cloths.
- Gather your supplies: Sage 2% Chlorhexidine Gluconate Cloths, scissors, and clean clothes or sleepwear.
- Open the package(s). Remove the cellophane wrapper(s) and throw it away. Use scissors to cut open the package(s). Cut straight across the top of the package(s).
- Remove the wipes from the package(s) and place them on a clean surface.

## Warning

Do not use chlorhexidine wipes or liquid if you:

- are sensitive to surgery skin preps
- know you have an allergy to chlorhexidine.

Do **NOT** touch your eyes, ears, or mouth after you start using the cloths.

If you notice your skin is irritated while using the chlorhexidine wipes or liquid, remove it gently with a wet washcloth. Tell your pre-surgery nurse you had a reaction so they can make a note of your allergy history and tell others on your health care team.

There are rare cases of this product causing a serious allergic reaction. This can occur within minutes of use. Call 911 if you have any of these:

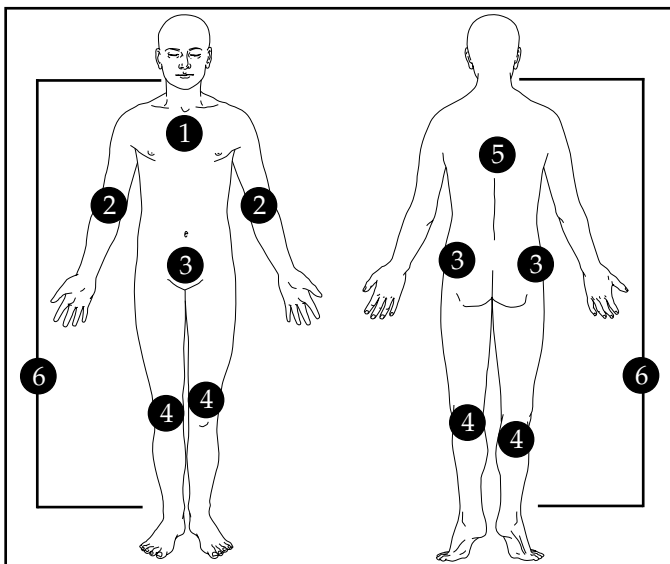
- wheezing or difficulty breathing
- swelling of the face
- hives
- severe rash
- shock.

- Follow the skin cleansing steps below
  - Gently cleanse your skin using a back-and-forth motion.
  - Be sure to completely cover each area. You may need help wiping some areas of your body.
  - Do NOT wipe your face, genitals, or in between your buttocks.

After you gently cleanse each area, let your skin air dry for 1 to 3 minutes. It is normal for your skin to feel tacky or sticky for several minutes after you apply the solution.

- Do not rinse or rub off the solution.
- Do not apply deodorant, perfume, lotions, moisturizers, gels, powders or make-up after cleaning your skin.
- Throw away the used cloths. Do not flush them down the toilet.
- Wash your hands with warm water and soap.
- Put on clean clothes or sleepwear.
- Put clean sheets on your bed. Make sure pets stay off of your bed to keep it clean.

## Skin cleansing steps



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The numbered areas in the illustration show where to cleanse your body using each of the cleansing cloths. The numbers in the text to the right give you more details on how to cleanse your body.

- 1 Using the first cloth, **wipe your neck and chest.**
- 2 Using the second cloth, **wipe both arms.** Start at your shoulder and end at the fingertips. Be sure to wipe well under each arm and in the armpit areas.
- 3 Using the third cloth, **wipe your right and left hip, then your groin.** Be sure to wipe any folds in the stomach and groin areas. **Do NOT wipe your genitals.**
- 4 Using the fourth cloth, **wipe both legs.** Start at the thigh and end at the toes. Be sure to wipe the front and back of each leg.
- 5 Using the fifth cloth, **wipe your back.** Start at the base of your neck and end at the buttocks.
- 6 Using the sixth (last) cloth, **rewipe the surgery area.**