

How to Cleanse Your Skin with Cleansing Cloths Before Breast Surgery

General Information

Washing your skin with chlorhexidine removes most of the bacteria (germs) that normally is found on your skin. This also helps prevent infection at the incision site.

You will be asked to cleanse your chest, breast and armpit on the side you will be having surgery. You will use cloths with a special antiseptic solution.

How to Use the Cloths

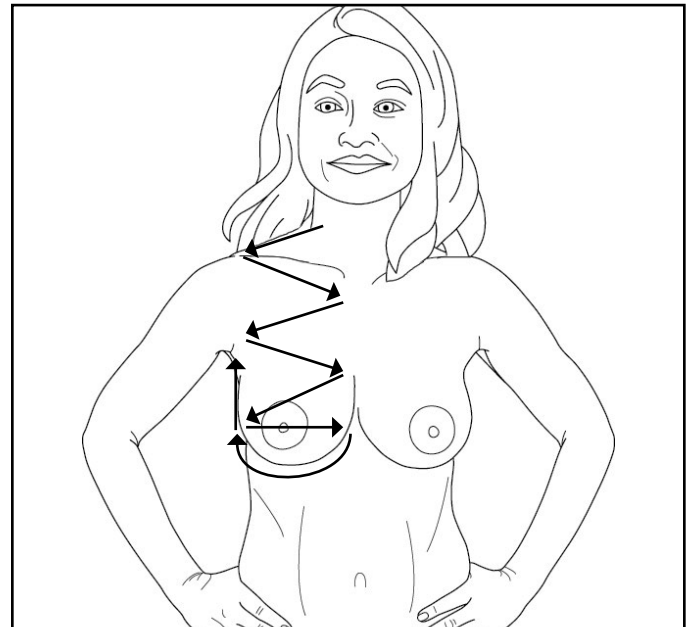
- Open the package. Take out both cloths and put them on a clean surface.
- **After you start using the cloths, do not touch your eyes, ears or mouth.**
- Start at your neck and wipe down one side of your chest.
 - Gently cleanse your skin using a back-and-forth motion.
 - Be sure to wipe your breast well.
 - Wipe underneath your breast last. Then continue wiping outward, toward your side and up to wipe your armpit.
 - Do not re-wipe your chest or breast after you have wiped your armpit.
 - You may need more than one cloth to cleanse your chest, breast and armpit.
- If you are also having surgery on the other breast, use a new cloth and repeat the steps listed above.
- Let your skin air dry for 1 to 3 minutes.
- Throw away the used cloths.
- Wash your hands with warm water and soap.

Warning

Do not use chlorhexidine wipes or liquid if you:

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

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 he or she can make a note of your allergy history and tell others on your health care team.



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Use the cleansing cloths on your chest, breast and armpit. Follow the instructions at left.

Please ask your pre-surgery nurse if you need any help completing these steps.