

# Preventing Infection: Cleaning your body with antiseptic wipes before surgery (Chin to Toes)

## What are antiseptic wipes?

Antiseptic wipes are germ-killing cloths used to wash the skin.

## Why use antiseptic wipes?

Many different germs live on your skin. A powerful antiseptic called CHG (chlorhexidine [klor-HEX-eh-dine] gluconate [GLUE-kon-ate]) can kill 99 % of those germs. Using CHG wipes can help prevent those germs from getting into an open wound or your bloodstream, causing infection.

A packet of CHG wipes ►



## Do not use CHG wipes if you have:

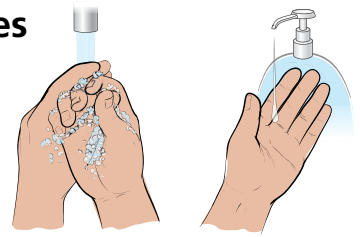
- An allergy to CHG
- Severe skin breakdown, rash, burns, or open wounds

Ask your healthcare provider if you are unsure about whether or not you should use the wipes.

► *If you have any questions, ask one of your healthcare providers for help.*

## How to use antiseptic wipes

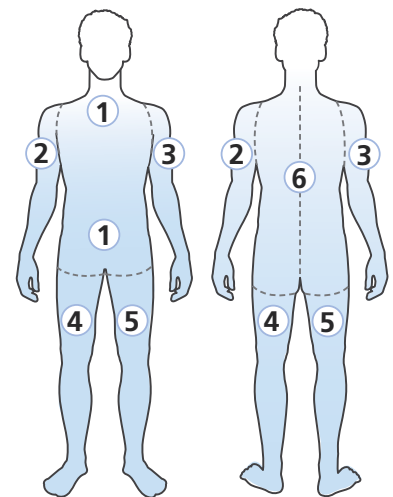
- 1 Wash your hands with warm soapy water, or use hand sanitizer.
- 2 Open your 3 packets and place them on a clean surface (each package contains 2 cloths).



- 3 Using only one cloth for each of the areas listed below, gently wipe your skin in a circle or back-and-forth motion.

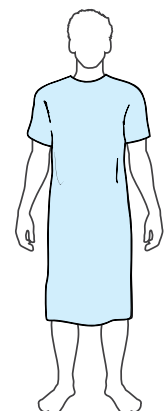
- Do not scrub.
- Do not use antiseptic wipes on your face, head, or neck.

You may need help to clean your back or other hard-to-reach areas.



- 1 Front (lower neck and chest, then the belly and between the legs, avoiding the genitals and anus)
- 2 Right arm (front and back, hand and underarm included)
- 3 Left arm (front and back, hand and underarm included)
- 4 Right foot and leg (front, back, and foot)
- 5 Left foot and leg (front, back, and foot)
- 6 Back (lower neck, down the back to the buttocks)

- 4 Let your skin air dry. It may feel sticky for a short time as it dries. Do not rinse or wipe off the skin after using antiseptic wipes. Do not put on any lotions or creams.
- 5 Put on a clean hospital gown. Do not put any of your own clothing back on.



For use prior to total joint surgery, spine surgery, colon/bowel surgery or hysterectomy, and for patients with documented MRSA or a history of MRSA.

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