

# Preventing a Central Line Infection: Cleaning your body with antiseptic wipes (Chin to Toes)

## What are antiseptic wipes?

Antiseptic wipes are germ-killing cloths used to wash your skin and central line daily.

## 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. Daily use of CHG wipes can help prevent those germs from getting into an open wound or your bloodstream, causing infection.

Use CHG wipes daily on dry skin, after you've taken a bath or shower using soap and water.

A packet of 6 CHG wipes ►



## Do not use CHG wipes if you have:

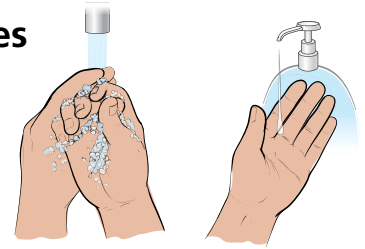
- An allergy to CHG
- Severe skin breakdown, rash, burns, or open wounds

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

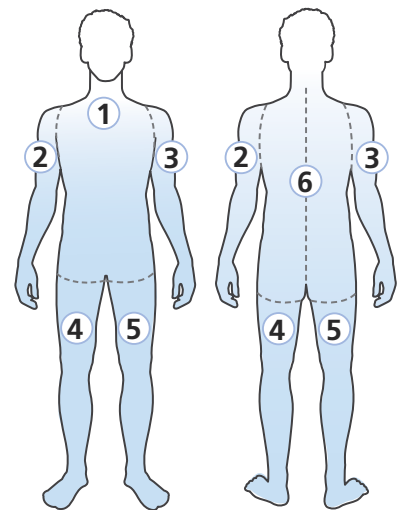
- 1 Wash your hands with warm soapy water, or use hand sanitizer.
- 2 Open your packet and place the 6 wipes on a clean surface.
- 3 Clean your central line with a CHG wipe.



**Use 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 CHG 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 to the chest, then between the legs [groin], 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 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 CHG 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.



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