

Knee Surgery Patients **Chlorhexidine Soap Shower**

- Chlorhexidine Gluconate (CHG) 4% is a special chemical found in soaps such as Hibiclens and other brands.
- Everyone's skin has germs; this soap can reduce the number of germs on your skin.
- If you are allergic to CHG or for any other reason you cannot wash with CHG then please follow these instructions using an antibacterial soap (such as Dial)
- Follow these instructions to reduce your risk of infection.

Shower or bathe one time a day for 3 days prior to surgery with CHG 4% liquid soap:

Step 1: Wash your hair, face, and body, with your normal shampoo, conditioner and soap. rinse completely.

Step 2: Turn off the shower or step out of the bathwater.

Step 3: Pour a 1/4 size amount of liquid CHG soap onto a wet, clean washcloth and apply to your entire body FROM THE NECK DOWN (do not use CHG on face, hair or genitals)

Step 4: Rub the soap filled washcloth over your entire body for **3 minutes**. Apply more soap as needed (1/3 of the bottle should be used with each shower)

Step 5: Turn on the shower or return to the bath and rinse the liquid soap off your body.

Step 6: Towel dry.

24 hours before surgery:

- Do not apply lotion, powder, or deodorant to your body.
- Do not shave or remove any body hair below the neck (facial shaving is permitted)

Note: Stop, using the soap and call your doctor if you have a skin reaction such as severe burning, itching, redness, blistering, peeling, swelling, rash or other severe irritation