

Shower Instructions

We are pleased to provide you with a special soap, chlorhexidine (CHG), which has been proven to work better than soap and water to remove germs from your skin and protect you from infection.

1. Use liquid **chlorhexidine (CHG)** for all areas of the body
 2. Use CHG as shampoo. **Avoid eyes and ears.** Rinse well.
 3. Next, clean face with CHG. Rinse.
 4. Apply generous amount of CHG to mesh sponge or cloth. **Rub until foamy.**
 - Wet skin with water
 - Turn water off or stand out of water stream
 - **FIRMLY MASSAGE** soapy sponge or cloth onto skin from head to toe
 - Reapply CHG generously to the sponge or cloth to keep foamy
 - ✓ Neck and chest
 - ✓ Both shoulders, arms and hands
 - ✓ Abdomen, hip and groin
 - ✓ Both legs and feet
 - ✓ Back of neck, genitals and buttocks last
 - **For best results, leave soapy lather on skin for 2 minutes. 2 minutes is about the time it takes to soap up all body areas and then do it again before rinsing.**
 5. **Don't forget to clean your neck, armpits, and skin folds well, including under the breasts. Clean between fingers and toes too.**
 6. Rinse body well
 7. Ask nurse to help clean lines, tubes, drains, or wounds that were covered for showering with CHG cloths or wipes
 8. If needed, ask your nurse for CHG-compatible lotion to moisturize
- CHG continues to work for 24 hours to keep germs off your body. If you must use your own shampoo and face products, please use them before the CHG soap. Please try to keep them off the body as regular soap and shampoo prevents CHG from working as well.**