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INSTRUCTION GUIDE

Skin Preparation Before Surgery

Preparing or "prepping" skin before surgery can help prevent infection at the surgical site so it is important to prepare your skin. For your convenience, we have provided you with disposable cloths which have been moistened with a rinse-free 2% Chlorhexidine Gluconate antiseptic solution designed to reduce the bacteria on the skin.

We ask that you perform **two** skin preps at home prior to your surgery:

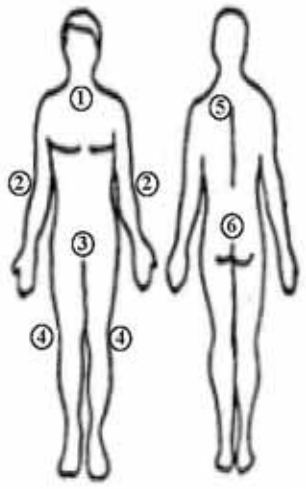
1. Night before surgery (approximately 7 p.m.) - if you wish to shower, bathe or shampoo your hair, please do so several hours before your prep your skin.
2. Morning of surgery

Prepping skin the night before surgery:

1. Remove cellophane film from three (3) packages of cloths.
2. Using scissors, cut off the end seal of each package.
3. Do not allow this product to come in contact with your eyes, ears, mouth and mucous membranes.
4. Reaching into one of the three (3) opened packages, remove two (2) cloths at a time with the foam holder and place onto a clean table.
5. Use one (1) cloth to prep each area in order as shown in steps 1 to 6 below.
6. Wipe each area in a back and forth motion and be sure to wipe each area thoroughly. Use all cloths in the packages and discard after use.
7. Do not rinse or apply lotions, moisturizers or makeup after prepping your skin.
8. Allow your skin to air dry and dress in clean clothes/sleepwear.

Prepping skin the morning of surgery:

1. When you awake, if you have any redness in and around the areas you cleaned the evening before, DO NOT prep skin.
2. Do not shower, bathe or shampoo hair.
3. Open a new package of cloths and perform the same procedure as the evening before.



1. Wipe your **neck and chest**.
2. Wipe both **arms**, starting with the shoulder and ending at the fingertips. Thoroughly wipe under your arms.
3. Wipe your **right and left hip** followed by your **groin**. Be sure to wipe folds in the abdominal and groin area.
4. Wipe **both legs**, starting at the thigh and ending at the toes. Thoroughly wipe behind your knees.
5. Wipe your **back** starting at the base of your neck and ending at your waistline. Cover as much area as possible. Assistance may be required.
6. Wipe the **buttocks**.