

## Chlorhexidine (CHG) Shower Instructions

For Your health, we are pleased to provide you with this special liquid soap which has been proven to work better than regular soap and water in removing germs from your skin and keeping you clean.

1. Use the bottle of liquid chlorhexidine for all areas of the body. Begin by washing hair using using the soap as shampoo. Be sure to rinse well.
2. Next, clean face with soap, but take care to avoid getting it into eyes and ears. Rinse.
3. Apply generous amount of soap to mesh sponge and rub until foamy
  - Wet skin with water
  - Turn water off or stand out of water stream
  - Firmly massage soapy sponge onto all skin. Reapply soap generously to the sponge to keep sponge with plenty of foamy lather. Be sure to clean from top down, or cleanest to dirtiest areas. Start with:
    - a. Neck and chest
    - b. Both shoulders, arms, and hands
    - c. Abdomen, hip, and groin
    - d. Both legs and feet
    - e. Back of neck, genitals, and buttocks last

For best results, leave soapy lather on skin for two minutes.

4. Don't forget to clean your neck, armpits, and skin folds well, including under the breast. Clean between fingers and toes too.
5. Rinse body well. Also rinse mesh sponge and hang to dry.
6. Dry with clean towel
7. If needed, ask your nurse or nurse assistant for CHG-compatible lotion to moisturize.

CHG continues to work for 24 hours to keep germs off your body. We recommend you use it to wash daily while in the hospital. If you must use your own shampoo and face products, please use them before the soap. Please try to keep them off the body as regular soap and shampoo prevents CHG from working as well.