It is the goal of Central Florida Health Alliance that your surgical experience with us progress as smoothly as possible with no unforeseen complications, returning you to an enhanced quality of life. Scientific studies indicate that preparing or 'prepping' your skin before surgery with chlorhexidine gluconate (CHG) can significantly reduce the risk of an infection developing post-operatively at the surgical site. While your skin will be prepped immediately prior to surgery by the nurses in the operating room with this product, studies have shown that beginning this process several hours prior to the actual surgery will significantly reduce the number of microorganisms that are on the skin which will further aide in reducing the risk of an infection developing. Central Florida Health Alliance has chosen disposable cloths moistened with an alcohol-free, rinse-free 2% chlorhexidine gluconate antiseptic solution. The steps below outline the prepping process and should be carefully followed.

Directions for Preparing the Skin

Once prepping begins, do not apply lotions, moisturizers, or makeup. It is also important that you NOT shave your body (i.e. legs) prior to surgery as this may produce tiny openings in the skin which will allow microorganisms to enter your body.

You will be given 2 packages of cleansing cloths. Each package contains 2 cloths. You will use the first package on the night before surgery and the 2nd package on the day of your surgery.

The night before surgery:
1. Bathe or shower as normal. Do not shave your legs or the area where your surgery will be performed.
2. Dry your skin thoroughly.
3. Open one package of cloths by grasping the notched seam on the back of the package and pulling it apart or simply cut the top of the package with clean scissors.
4. Vigorously scrub the area of your surgery as listed below and marked on the diagram on the left for 3 minutes with one cleansing cloth. Let the area dry for one minute.
   - KNEE SURGERY: Scrub the entire leg (front, sides and back) from the top of the thigh to the toes.
   - HIP SURGERY: Scrub from the ankle to mid chest, mid back, and especially around the hip area.
   - SHOULDER SURGERY: Scrub the entire arm, mid chest to mid back
   - ANKLE SURGERY: Scrub the entire foot and leg
5. Using the 2nd cloth, repeat this process, completely wetting the area. Do not rinse. Allow your skin to air dry completely. It is normal for your skin to have a temporary 'tacky' feel after the antiseptic solution is applied.
6. When your skin feels dry, dress as usual.

On the morning of surgery **DO NOT SHOWER**:
Open the 2nd package of cloths and repeat steps 4 - 6 as described above.