

Pre-surgical shower

Chlorhexidine Gluconate (CHG) cleaning sponges clean the skin before your C-section. Cleaning the skin this way lowers the risk of illness caused by germs in the area.



A photo of a CHG cleaning sponge in its package

Shower instructions

- ✗ **Do not** use CHG sponges if you have an allergy or sensitivity to Chlorhexidine. If you are allergic, talk to your surgeon.
- ✓ If you show signs of an allergic reaction when using the CHG sponges (e.g., rash, itchy skin, etc.), wash the CHG off right away using soap and water.
- ✗ **Do not** use the CHG sponge near your face, eyes, ears, or mouth.
- ✗ **Do not** use the CHG sponge in body openings, like your vagina or anus. Washing around them is ok.
- ✗ **Do not** shower, take a bath or apply lotions, powder, moisturizers or other personal care products after washing with the CHG sponge.
- ✗ **Do not** shave, clip or wax your abdomen (stomach), pubic area, or upper thighs.
- ✗ **Do not** wash with normal soap after the CHG soap.
- ✗ **Please note:** CHG may cause a brown stain on fabrics that may not wash out. To prevent stains, do not let CHG and fabrics touch. Use non-chlorine laundry products to wash fabrics that may have touched CHG.

Here is what to do:

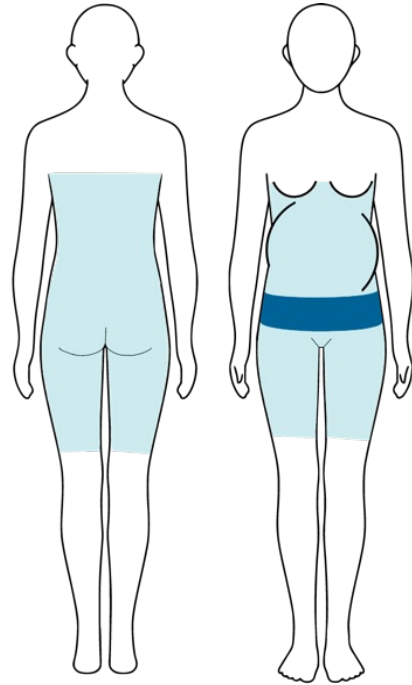
Take **2 showers**, one the **night before** your C-section and one the **morning of your C-section**.


Please follow these steps for both showers:

1. Before you begin your shower, make sure that you have clean clothes to wear to bed and that your bedsheets are freshly washed the night before your C-section.
2. Remove all jewelry and body piercings before getting into the shower.
3. Wash your hair and body using your normal shampoo and soap. Rinse well. Step out of the stream of water or turn the shower off.
4. Open **1 CHG sponge** package and remove the sponge. Save the other package for your shower tomorrow morning.

5. Wash your body (see picture):

- » Clean the area below your chest/breasts all the way down to your knees (see picture). Clean all your crevices and skin folds in this area.
- » Clean your belly button thoroughly. Use a Q-tip if you need to.
- » Pay special attention to the planned incision area when washing. Pass the sponge over this area back and forth for 30 seconds.
- » Wash your **outer** genital and anal areas **last**. Do not use CHG sponge inside your vagina or anus.
- » Someone may need to help wash your back.



 Planned incision area – wash this area very well

 Wash these areas well

6. **Leave the CHG solution on your skin for 3 minutes.** Then lightly rinse your entire body.
7. Use a clean towel to pat your body dry.
8. It is normal for your skin to feel a little “sticky” for a few minutes until the CHG dries completely.
9. **Repeat these instructions for your shower the morning of your C-section. Remember to use a clean towel and to dress in clean clothes.**
10. If you have any questions or concerns, contact your surgeon or the Obstetrical Assessment Unit (OAU).