Preoperative Wipe Instructions

To reduce the risk of a post-operative wound infections, the Surgical Navigation Department at Eastern Maine Medical Center provides all patients with Chlorhexidine wipes for the night before and the morning of surgery.

**Do not use if you are allergic to Chlorhexidine Gluconate**

Please follow the instructions below:

1. **The night before your surgery**
   - Please wash your hair and body with regular soap and shampoo as usual.
   - Open all three packages in the multi-pack. Do not microwave the package prior to use.
   - Six cloths are provided for your use
     - One for your neck, chest, and abdomen
     - One for your arms
     - One for each of your legs
     - One for the back
     - One for the surgical area
   - Use all cloths in the package
   - Wipe down your body like you would with a washcloth avoiding contact with eyes, ears, mouth, and genitals.
   - Wipe your surgical site last, moving back and forth for about three minutes making sure to wet the whole area then put the cloth in the trash.
   - Allow the area to air dry for one minute. Do not rinse off. It is normal for the skin to have a temporary “tacky” feeling for several minutes after the antiseptic solution has been applied.
   - Put on clean clothes to sleep in.
   - Put clean sheets on your bed.

2. **The morning of your surgery**
   - Do not bathe or shower the morning of your surgery as the antiseptic should remain on the skin from the previous night’s application.
   - Repeat all other above steps for “The night before surgery”

Do not use any powders, deodorants, or skin lotions after your showers. Please do not shave from the neck down one week prior to your surgery.