

The Fight Against Infection Starts at Home

HOI Ambulatory Surgery Centers would like you to reduce your chances of acquiring a surgical site infection (SSI). Along with your surgeon, we ask that you please purchase chlorhexidine gluconate (CHG) soap and a nasal antiseptic to utilize before surgery. Use the CHG soap once a day and the nasal antiseptic twice a day.

Hoag
Orthopedic
Institute



Chlorhexidine Gluconate (CHG) Soap

CHG soap can be purchased at most pharmacies and online.

Brand Name Examples:

Hibiclens



DYNA-HEX



Some pharmacies also sell it under their own name.

Chlorhexidine Gluconate (CHG) Shower Instructions

Bath with chlorhexidine gluconate (CHG) antiseptic soap 5 times before your surgery. Start 4 nights before your surgery, the last shower will be the morning of surgery.

1. If you are going to wash your hair and face, WASH them FIRST with your shampoo and face soap.
2. Thoroughly rinse your hair, face, and body with water.
3. Stand away from the shower stream and apply CHG from your neck to your toes avoiding your genitals. Leave soap on body for 2 minutes. DO NOT use CHG anywhere above your neck (i.e., eyes, nose, ears, mouth).
4. Rinse.
5. Dry off with a CLEAN TOWEL.
6. DO NOT USE any lotions or powders. You may use deodorant.
7. Put on CLEAN CLOTHES OR PAJAMAS.
8. Clean bed sheets the night before surgery.
9. Remember to REPEAT the STEPS for each shower.

Nasal Antiseptic

Start 4 days before your surgery.

Nozin is available on Amazon.



Nozin Nasal Ampules

Follow directions on packaging for use.