

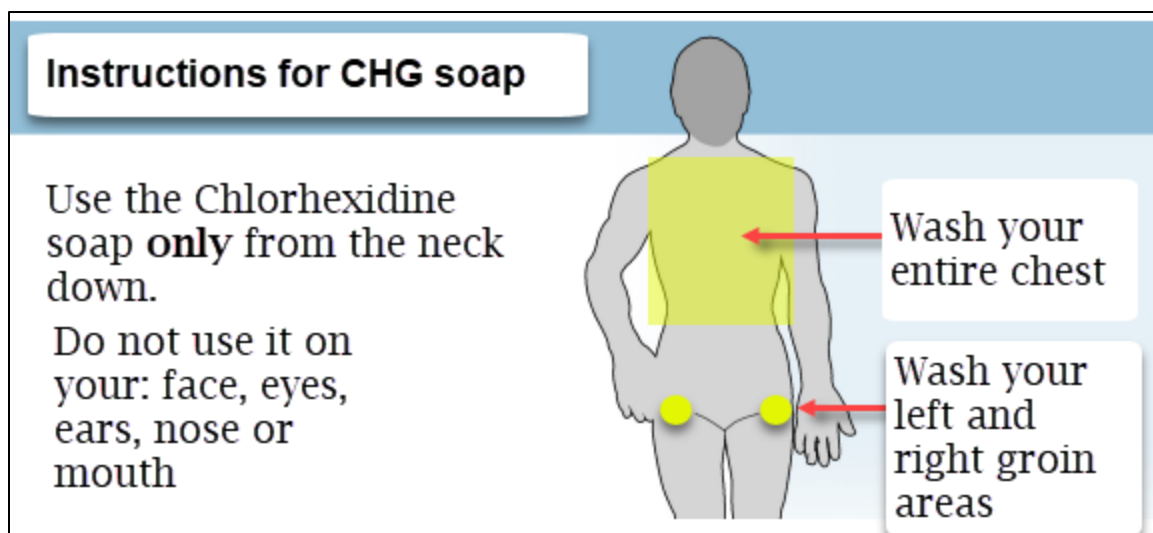
Showering Instructions before Your Procedure: Pacemaker or ICD

What are my instructions?

You need to shower both the **night before and the morning of** your procedure using an antiseptic soap with chlorhexidine gluconate (CHG) in it. CHG soap is a surgical soap that reduces the number of germs on your skin.

Here are the steps for showering:

1. Wash your face using regular soap.
2. Wash your hair using regular shampoo. Make sure to rinse your hair completely after shampooing.
3. Next you will wash your body from the neck down using the CHG soap for at least 5 minutes with a freshly laundered wash cloth.
4. **Follow these instructions for the CHG body wash:**
 - a. First, wash your procedure site areas and all surrounding skin with the CHG soap. The procedure site areas include your **chest** and **groin** (the area where the thigh meets the belly). Leave soap on skin for 1-2 minutes to allow the soap to kill the bacteria.



- b. Then use the CHG soap to wash your underarms, chest, under your breasts, stomach/belly button, hips, and buttocks.
 - **Do not** use CHG soap on your face, eyes, ears, mouth, or hair.
 - **Do not** use CHG soap on your penis and scrotum or vulva.
 - c. Rinse your body thoroughly with warm water.
5. Rinse your body completely and pat your skin dry with a freshly laundered towel.
 - **Do not** apply make-up, deodorant, lotions, sprays, gels, creams, ointments, or powders after showering with the CHG soap.
 - After showering, use freshly laundered clothes and bed linens.
 6. Put on freshly laundered underwear, socks, and clothing.
 7. On **the morning of your procedure** use a new freshly laundered washcloth and towel and repeat steps 1-6.

Where can I buy an antiseptic soap with CHG ?

You can buy CHG soap in the First Aid section at major drug, grocery, and mass retailers nationwide, including Target, Walmart, Walgreens, CVS, Rite-Aid, etc.

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Author: Bethany Lee-Lehner, MSN, RN
Reviewers: Thomas Crawford, MD, Nsikak Ubon-Israel, MPH, CPH

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