Showering with Chlorhexidine Soap

You need to keep your skin very clean because germs on your skin increase your chance of getting an infection. Follow the steps below for showering with a special soap called CHG (Chlorhexidine Gluconate). Common brand names for this soap are Hex-A-Cleans or Hibiclens. There may be a store brand that is less costly. Ask your pharmacist if you are not able to find it in the drug store.

- Use this soap at least one time each day.
- Continue to use this soap until your doctor directs you to stop.

Steps to Follow

1. Wash your hair as usual with your normal shampoo and wash your body with regular soap. Rinse your hair and body very well to remove any shampoo or soap that might be on your skin.

2. Wet a clean washcloth and turn off the shower.

3. Put the CHG soap on the washcloth.

4. Apply the CHG soap to your whole body from the neck down only. Do not use CHG soap near your face, eyes or ears. CHG soap does not lather well.

5. Wash your body gently for 5 minutes, paying special attention to under your arms and from your belly button to your feet. Do not scrub too hard. Do not wash with your regular soap after using the CHG soap.

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6. Turn the shower back on and rinse well to get the soap off your body.

7. Pat yourself dry with a clean, dry towel.

8. Do not use any lotion, moisturizer, make-up or other products on your skin.


**Where you can find CHG**

Many pharmacies, including those in grocery or department stores carry CHG soap, but not all. You may want to call ahead to check if your pharmacy carries CHG soap. If not, you might check with your pharmacist to see if it can be ordered in for you.

The soap is often available in 4, 8 or 16 ounce sizes and prices can range from about $5.75 for 4 ounces to nearly $14 for 16 ounces.

- **Talk to your doctor or others on your health care team if you have questions.** You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.