



## Using the Sponges

- 1) Use one sponge for:
  - Chest – from your neck to your belly button
  - Both wrists – from the bottom of hand to mid forearm
- 2) Use the second sponge for:
  - Both groin's
- 3) Use the third sponge for:
  - Both feet – top, bottom, and in between your toes
- 4) Use the fourth sponge for:
  - The inner part of both legs if you are going for bypass surgery

## Preparation for Cardiac Surgery Shower and Skin PREP Guidelines

