

Preoperative Showering Instructions

Before Surgery, you can play an important role in your health. Since skin is not sterile, you can reduce the number of germs on your skin by carefully washing before surgery. You should take **TWO** showers: the **FIRST** shower the evening before surgery and the **SECOND** shower the morning of surgery.

IMPORTANT: We recommend you shower using a special soap called Chlorhexidine Gluconate(CHG). A common brand name for this soap is Hibiclens, but any brand is acceptable. The soap comes in liquid form and can be purchased at most pharmacies. Eight ounces should be a sufficient amount for two showers.

IF ALLERGIC TO CHG, USE AN ANTIBACTERIAL SOAP (SUCH AS DIAL) FOR YOUR SHOWER.

To keep your skin as clean as possible and to help prevent infection, please follow these instructions:

1. The evening before your surgical procedure shower with CHG. ** When using CHG, do not use on mucous membranes, such as your genital area. Do not use on the face. Do not get the soap in your eyes or ears. CHG is absorbed by cotton washcloths and may cause discoloration. Follow directions on the package.
2. Turn off the water before applying the CHG to prevent rinsing it off too soon. Apply CHG to your entire body from the jaw down. Do not use on the face. Wash thoroughly for five minutes, paying special attention to the area where your surgery will be performed. Do not scrub your skin too hard. Do not wash with regular soap after using CHG. Turn the water back on and rinse well.
3. Ask someone for help if you are unable to wash certain areas of your body.
4. Pat yourself dry with a clean, soft towel after each shower.
5. Wear freshly laundered pajamas to bed that night and sleep on freshly laundered sheets.
6. The morning of your surgical procedure shower again with CHG, following the above instructions.
7. Wear freshly laundered loose-fitting comfortable clothes to the surgical center.

Please Remember:

- **Do NOT shave any body parts** from the neck down (your legs or underarms). Shaving can increase your risk of infection when you have surgery.
- **DO NOT APPLY** any lotions, perfumes or powders after using CHG the day of surgery.