

# PREOPERATIVE BATHING INSTRUCTIONS

BEFORE SURGERY, YOU CAN PLAY AN IMPORTANT ROLE IN YOUR OWN HEALTH. BECAUSE SKIN IS NOT STERILE, WE NEED TO BE SURE YOUR SKIN IS AS FREE FROM GERMS AS POSSIBLE BEFORE YOUR PROCEDURE. YOU CAN REDUCE THE NUMBER OF GERMS ON YOUR SKIN BY CAREFULLY WASHING BEFORE YOUR SURGICAL PROCEDURE. FOLLOWING THESE INSTRUCTIONS WILL HELP YOU BE SURE THAT YOUR SKIN IS CLEAN BEFORE YOUR PROCEDURE.

## **IMPORTANT:**

YOU WILL NEED TO SHOWER WITH A SPECIAL SOAP CALLED CHLORHEXIDINE GLUCONATE (CHG)\*

IF YOU ARE ALLERGIC TO CHLORHEXIDINE, YOU MAY USE REGULAR BATH SOAP (PREFERABLY ANTIBACTERIAL) FOR YOUR SHOWER / BATH.

- SHOWER OR BATHE WITH (CHG)\* **THE NIGHT BEFORE SURGERY AND THE MORNING OF SURGERY.**
  - DO NOT SHAVE THE AREA OF YOUR BODY WHERE YOUR SURGERY WILL BE PERFORMED FOR 24 HRS PRIOR TO SURGERY.
  - WITH EACH SHOWER OR BATH, WASH YOUR HAIR AS USUAL WITH YOUR NORMAL SHAMPOO.
  - RINSE YOUR HAIR AND BODY THOROUGHLY AFTER YOU SHAMPOO TO REMOVE ALL SHAMPOO RESIDUES.
  - APPLY (CHG)\* SOAP TO YOUR ENTIRE BODY, **ONLY FROM THE NECK DOWN.**
- \*\*\***DO NOT USE** (CHG)\* NEAR YOUR EYES OR EARS TO AVOID PERMANENT INJURY TO THESE AREAS.
- WASH THOROUGHLY, PAYING SPECIAL ATTENTION TO THE AREA WHERE YOUR SURGERY WILL BE PERFORMED.
  - TURN WATER OFF TO PREVENT RINSING THE SOAP OFF TOO SOON AND WAS YOUR BODY GENTLY FOR (5) MINUTES.
  - DO NOT WASH WITH YOUR REGULAR SOAP AFTER CHG\* IS USED.
  - TURN WATER BACK ON AND RINSE YOUR BODY THOROUGHLY.
  - PAT YOURSELF DRY WITH A CLEAN, SOFT TOWEL. **DO NOT** USE LOTION, CREAMS, OR POWDER.
  - WEAR CLEAN CLOTHES

\*\*\***NOT TO BE USED BY PEOPLE WITH AN ALLERGY TO CHLORHEXIDINE ( e.g. Hibiclens )**\*\*\*