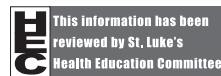


Cleaning your skin prior to surgery serves as a frontline defense against skin infection. By following the guidelines in this pamphlet, you can help reduce the risk of infection and promote a healthy recovery.



Our specialty is you.

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Cleaning Your Skin Prior to Surgery



Patient Instructions

Your role in reducing the risk of skin infections after surgery and how to promote a healthy recovery.



Cleaning Your Skin Prior to Surgery

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help reduce your risk of skin infection.

Special Instructions:

Do not shave

If you want to shave your face, legs or underarms, etc., you must shave **before** your evening (1st shower) shower/bath. Do not shave on the day of your surgery. You may shave after the surgery has been performed.

After Showering

- No lotions
- No powders
- No creams
- No hair products
- No petroleum products

Underarm Deodorant

It may be used but it must **not** contain powder.

It is best to shower with a special antimicrobial soap called Chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens (any brand is acceptable to use). The soap may come in liquid form or in a scrub brush applicator. Either form is acceptable to use and is available without a prescription. A 4 ounce bottle of CHG should be purchased; two ounces to be used with each shower, as directed below.

First Shower

The evening before the surgery, take a shower and wash your entire body, including your hair and scalp, in the following manner:

- Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body.
- Wash your face with **regular** soap or facial cleanser.
- Wash from your neck down using a fresh/clean washcloth and ½ of the antimicrobial soap (2 ounces). ***This is very important.***

Second Shower

On the day of your surgery, you will need to repeat the shower in the following manner. Use the remaining ½ bottle (2 ounces) of antimicrobial soap for the second shower.

- Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body.
- Wash your face with **regular** soap or facial cleanser.
- Wash from your neck down using a fresh/clean washcloth and the antimicrobial soap. ***This is very important.***
- Rinse your body thoroughly. ***This is very important.***
- Dry your body using a fresh/clean towel.
- Dress with freshly washed clothes.

Do not use antimicrobial soap on your head or face. Avoid getting antimicrobial soap in your eyes; flush with water if soap does get in your eyes.