

Hibiclens Pre-Operative Bathing Instructions

3 Showers. 3 Days. Fewer Germs.

| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
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Before surgery, you can play an important role in your own health. Because skin is not germ-free, 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 you be sure that your skin is clean before surgery and reduce the risk of infection after surgery.

IMPORTANT: You will need to shower with a special soap called Hibiclens, which has Chlorhexidine Gluconate (CHG) in it. You will need a small bottle, about 4-6 ounces.

- If you are allergic to CHG or if you have a skin condition, such as psoriasis or eczema, please follow the instructions listed below and use an antimicrobial soap, such as Dial, instead.
- If you develop a skin reaction, please contact your doctor.
- **DO NOT** wash with any other soap or shampoo **after** using the Hibiclens soap. If you are going to shampoo your hair or wash your face do it **before** bathing with the Hibiclens soap.

24 hours before surgery:

- **DO NOT** shave or remove any hair before surgery. Any new cut or rash may cause a delay in your procedure.
- **DO NOT** apply lotions, powder, or deodorant to your body after using Hibiclens soap.

Getting your skin ready for surgery

Shower one-time-a-day for **2 days before surgery and again the morning of surgery** with the Hibiclens soap. For each shower follow these steps:

1. Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse all soap off very well.
2. Turn off the shower or step out of the spray of water before putting any Hibiclens soap on so you do not rinse it off too soon.
3. Pump the Hibiclens soap onto a wet, clean washcloth and wash your entire body. **(Keep the Hibiclens soap away from your eyes, ears, nose, and mouth).**
4. Rub the soap-filled washcloth over your entire body for 5 minutes. Make sure you wash the area where your surgery will be done very well but do not scrub your skin too hard.
Use more soap if needed. About 1/3 of the bottle should be used with each shower.
5. Turn on the shower and rinse the Hibiclens soap off your body.
6. Using a clean towel, dry your skin. Put on clean clothes.

