PRE-OPERATIVE BATHING INSTRUCTIONS

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. In addition to the prep used on your skin in surgery, you can reduce the number of germs on your skin by carefully washing before surgery. While following these instructions may not eliminate the possibility of infection, it has been shown to significantly decrease the risk of post-operative infections.

IMPORTANT:

You will need to shower with a special soap. A common brand name for this soap is Hibiclens, but any brand is acceptable to use. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use. Please be aware that the soap may leave a red residue on wash cloths and in the shower area; please choose your wash cloths with this in mind and remember to rinse the shower area to remove any red residue after use.

*Not to be used by people allergic to chlorhexidine.

1. Shower or bathe the night before and the morning of your surgery. Do not shave the area of your body where your surgery will be performed. Use the sponge side of the bar, not the brush side.
2. Wash your hair as usual with your normal shampoo.
3. Rinse your hair and body thoroughly after your shampoo your hair to remove the shampoo residue.
4. Then, using the sponge side, wash body ONLY FROM THE NECK DOWN. Do not use near your eyes or ears to avoid permanent injury to those areas. Wash thoroughly, paying special attention to the area where your surgery will be performed.
5. Turn water off to prevent rinsing the soap off too soon. Wash your body gently, for five (5) minutes. Do not scrub your skin too hard. Do not wash with your regular soap after this is used.
6. Turn the water back on and rinse your body thoroughly.
7. Pat yourself dry with a clean, soft towel.

Place sticker/label