

Pre-Surgery Showers

Cleansing your skin gently before surgery can reduce the risk of infection at your surgery site. You can play an important role in decreasing this risk by showering both the evening before your surgery and the morning of your surgery.

Please buy one small bottle of two or four percent Chlorhexidine Gluconate (CHG) antiseptic solution (for example, Hibiclens), to be used for these showers.

Please follow these procedure instructions carefully:

- You should take **TWO** showers, one the night before and one in the morning, before coming to the hospital for your surgery.
- Avoid getting the chlorhexidine soap in your eyes, ears, mouth or nose. Also try to avoid the vagina or end of the penis. If the CHG soap gets on these areas, rinse well with water.
- Please do not shave or wax body hair at least 48 hours prior to surgery. It is OK to shave facial hair.

In the Shower

1. With each shower, wash and rinse your hair first using your normal shampoo. Completely rinse the shampoo from your hair and body. Do not use any hair products after shampooing.
2. Wet your skin in the shower and then turn the water off.
3. Using the chlorhexidine solution and a wet washcloth, apply about a quarter of a cup of the CHG soap to the washcloth (reserve the remaining bottle for the day of surgery shower). Gently lather your entire body from the chin down.

Wash your whole body but pay special attention to your surgical area, using the following list as a guide:

- Shoulder and arm surgeries**
 - Wash neck, entire shoulder, armpit, arm and hand

- Abdomen and chest surgeries**
 - Wash neck, entire chest and abdomen to groin including groin creases
 - Include belly folds, belly button and under breasts
- Back and buttock surgery**
 - Wash back of neck, armpits, and shoulder, entire back and buttocks
- Leg surgery (includes total knee replacement)**
 - Wash entire leg including back of knee, ankle, foot and toes
 - Then wash entire buttock area and groin area
- Total hip replacement**
 - Wash the entire leg, abdomen, back, buttock and groin

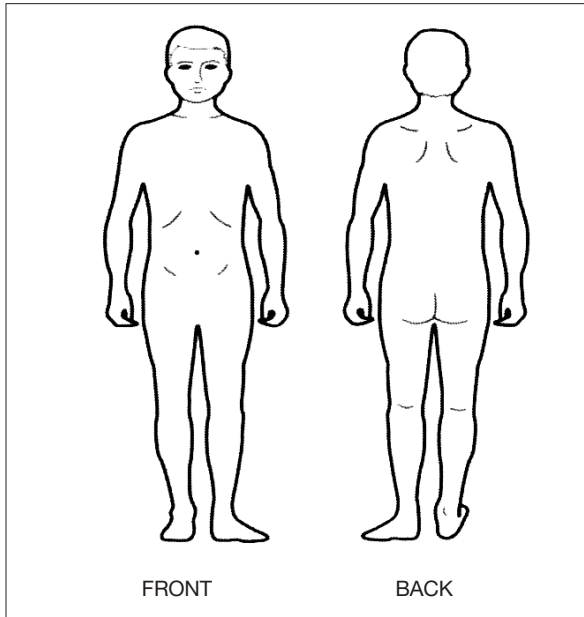
4. Let the lather remain in contact with your skin for a minimum of 15-20 seconds.
5. Rinse well. Do not rewash with regular soap.

After Your Shower

- Pat yourself dry with a clean, freshly washed towel. Dress in freshly washed clothing.
- After each shower, do not apply lotions, perfumes, hair products or makeup.

(continued)

For non-English readers, mark here:



Buying CHG Soap

Many, but not all, pharmacies, including those in grocery or department stores, carry CHG soap. You may use brand name Hibiclens or other brands of 2 percent or 4 percent CHG soap. You may want to call ahead to check if your pharmacy carries it. If not, you may check with your pharmacist to see if it can be ordered for you. The soap is often available in 4, 8 or 16 ounce sizes and prices can range from about \$6 for 4 ounces to nearly \$14 for 16 ounces.

Hibiclens is generally available at the following pharmacies:

- Rite Aid
- Savon Pharmacy
- Walgreens
- Walmart
- CVS/Pharmacy



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