

Pre-Operative Shower Instructions

You will need to shower with a special soap called chlorhexidine gluconate. A common brand name for this soap is Hibiclens. The purpose of the Hibiclens (chlorhexidine gluconate) soap is to reduce the normal bacteria on your skin that may be a potential source of infection at the surgical site. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use. Please follow the instructions below:

- Chlorahexidine Gluconate is not to be used on the head or face, keep out of eyes, ears and mouth.
- Chlorahexidine Gluconate is not to be used in the genital area.
- Chlorahexidine Gluconate should not be used if you are allergic to chlorhexidine gluconate or any other ingredients in this preparation.

Take two showers using the antiseptic soap solution, one the night before surgery and another the morning of your surgery.

Shower Instructions:

1. Wash your hair as usual with your regular shampoo. Rinse hair and body thoroughly to remove and shampoo residue.
2. Wash your face and genitals with regular soap only.
3. Thoroughly rinse your body with warm water from the **neck down**.
4. **Turn off the water or move away from water spray to prevent rinsing the chlorhexidine gluconate soap off too soon.**
5. Apply the antiseptic soap solution to the wet wash cloth. Wash your entire body from the neck down with the wet, soapy wash cloth. Gently scrub the area where the surgical incision will be for about 3 minutes. Avoid scrubbing skin too hard. (If you are having a spinal procedure or a procedure on your back, please have someone assist you or use a back scrub brush.)
6. Turn the water back on and rinse thoroughly with warm water. Do not use your regular soap after applying and rinsing chlorhexidine gluconate.
7. Pat yourself dry with a clean towel.
8. Put on freshly washed, clean clothes. Do NOT shave your legs the night **before** or the day of surgery! Nor remove any body hair below the neck. Do not apply any powders, deodorants, lotions, or creams to your body.
9. Sleep in clean freshly laundered sheets the night before surgery.

If you are allergic to CHG or for any other reason that washing with chlorhexidine gluconate is not possible, please follow the instructions above but use antibacterial soap such as Dial or Safeguard.

PLEASE BRING THIS FORM WITH YOU TO THE HOSPITAL ON SURGERY DAY

I completed the Antiseptic Cleansing showers/baths as instructed:

_____ Night before surgery

_____ Morning of surgery

Patient's Signature: _____ Date: _____

***Staff; please place this page in patient's chart—by request of Infection Prevention Nurse.**

Place patient sticker here