

# Cleansing your skin before surgery

How to prepare at home

**Some patients need to shower with a special soap the night before and the morning of surgery.** Please read the entire instructions before taking your shower.

- **Use a soap with Chlorhexidine Gluconate (CHG) 4%** antiseptic solution. CHG or Hibiclens is a special antibacterial soap that kills the germs on your skin that can cause infections. Using this soap can help reduce the risk of infection after surgery. Use the soap on your entire body **ONLY** from your chin down, even if you are having head or neck surgery.
- **Warnings** before using Hibiclens:
  - STOP using if you get an allergic reaction.
  - **DO NOT** use on your face or hair. **KEEP OUT** of eyes, ears and mouth.
  - **DO NOT** use on your genital area (“private parts”).
- **Shower instructions:**
  1. Wash and rinse your hair, face and body using your **regular shampoo and soap**.
  2. Make sure you **completely rinse** and remove any shampoo residue.
  3. Turn **OFF** the shower.
  4. Use your hands (**DO NOT** use a washcloth) to apply a small amount of Hibiclens to your entire body, drizzling the soap directly on the skin from **the chin down** (avoid the genital area). Apply the smallest amount of Hibiclens you need to cover the skin. Pay special attention to your neck, chest, belly and where the belly connects to your

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upper legs. Include belly folds, belly button and under the breasts.

5. Leave the Hibiclens on your skin for **1 minute**.
6. **Rinse thoroughly** with warm water.
  - ⊗ **DO NOT** use regular soap after washing with Hibiclens.
  - ⊗ **DO NOT** shave your legs or surgical area nor remove hair from the neck down the day before or the day of your surgery. You can shave your face, unless you are having head or neck surgery. **DO NOT** shave your face if you are having head or neck surgery.
  - ⊗ **DO NOT** put on lotions, deodorants, perfumes, hair products, powders or makeup after your shower, nor the day of surgery.
7. **Pat** your skin **dry** with a clean towel.
8. Put on **clean** underwear, socks and clothing.
9. Sleep on **clean bed linens** the night before surgery.

### The day of surgery

- Shower again in the morning following the same instructions.
- Put on clean underwear, socks and clothing.
- If you are having head or neck surgery:
  - Make sure your hair is fully dry before surgery.
  - Keep your hair as clean as possible.
  - If you wear a hair covering, make sure it is clean (freshly laundered).