

## ANTISEPTIC SHOWER BEFORE SURGERY

To protect your health during your surgery, I want your skin to be as clean and germ-free as possible. This will help stop infections during and after your surgery. Your part in protecting your health is to use a special antiseptic soap that slows down or stops germs from growing. The soap is called Hibiclens (AKA CHG or chlorhexidine gluconate).

### SHOWER WITH HIBICLENS 5 TIMES BEFORE SURGERY

1. Shower with Hibiclens everyday, starting 4 days before surgery
2. Shower with Hibiclens the day of surgery

### WHEN YOU SHOWER, FOLLOW THESE STEPS:

1. Wash your hair with your normal shampoo and rinse all shampoo out.
2. Wet your whole body.
3. Turn the water off.
4. Avoid getting Hibiclens in your eyes, ears and mouth.
5. Put Hibiclens on your hand or a clean, wet washcloth and use it on every part of your body from your neck to your feet. Make sure you wash the part of your body where you will have surgery. **Do not** use on your face.
6. Wash your body with Hibiclens for 5 minutes.
7. Turn the water back on and rinse your body until all the soap is gone.
8. **Do not** wash with your regular soap after washing with Hibiclens
9. Pat dry with a clean towel.
10. **Do not** use any powders, makeup, deodorants, perfumes or lotions.
11. Wear clean, comfortable clothing on the day of your surgery.
12. Refrain from sleeping with pets until you are healed.



**IF YOU GET A RASH THAT DOESN'T GO AWAY, IF YOUR THROAT SWELLS OR IF IT IS HARD TO BREATHE, STOP USING THE CHG AND CALL YOUR DOCTOR RIGHT AWAY.**