

Showering / Preparing Your Skin Before Surgery

Instructions for Pre-Operative Showers with a Chlorhexidine Prep Solution

(Hibiclens is a common brand name)

Evidence shows that pre-operative showers with an antiseptic solution will decrease the number of normal bacteria on your skin, thus reducing the risk of infection.

You will perform two showers - the night before and the morning of surgery.

Take a shower and wash your entire body in the following manner:

- Wash and rinse your hair first using your normal shampoo. Make sure you completely rinse the shampoo from your hair and body. (Do not wash your hair with your last shower).
- Wash your face and body with your regular soap or cleanser and rinse completely.
- Turn the shower off.
- Apply the antiseptic solution to a second wet, clean washcloth and lather your entire body from the neck down. Do not use the antiseptic solution on your face, near your eyes, or genital area.
- Gently wash your body and focus on the areas where the incision(s) will be located for three minutes. Avoid scrubbing your skin too hard.
- Once you have completed the scrub, let the solution dry on your skin for a full three minutes. Turn the shower on and rinse the antiseptic solution off your body completely.
- Do not wash with regular soap after you have used the antiseptic solution. Do not apply lotions, deodorants, or powder. (You may use moisturizer on your face)
- Pat yourself dry with a clean, freshly washed towel.
- Sleep in freshly washed clothing, sheets, and linens the night before surgery.
- After the last shower before surgery, **DO NOT** apply lotions, deodorants, or powders. Dress in freshly washed clothes.



Chlorhexidine (Hibiclens) can be purchased from the following stores: Walgreens, CVS, Wal-Mart

