

Pre-Operative Bathing Instructions

YOU are a very important member of the surgical team working to keep you healthy before, during and after your upcoming surgery! Skin is never sterile, but we want to be sure that your skin is as free of bacteria as possible before your operation.

You will need to shower before surgery with a special soap called Chlorhexidine Gluconate (CHG), which is commonly known as Hibiclens (other brands of CHG are fine too). This soap may come in a liquid form or as a scrub brush applicator—either is fine to use. All large pharmacies will have this skin cleanser available. Be sure to talk with your doctor if you know you have an allergy to Chlorhexidine.

Here's what you need to do:

- Be sure to have a **CLEAN** wash cloth and towel ready to use during and after your shower, as well as **CLEAN** clothes to put on afterward.
- First, wash your hair as you usually do with your regular shampoo/conditioner. After shampooing, **thoroughly rinse** your hair and body to remove all shampoo/conditioner residues.
- Apply the CHG to your body **FROM YOUR NECK TO YOUR KNEES ONLY**. Don't put CHG on your face, and take special care not to get CHG in your eyes or ears!
- Wash your abdomen thoroughly, paying special attention to the area from your belly button to the pubic hair area. Wash this area gently for **FIVE MINUTES** (don't scrub too hard), **while turned away from the water** to avoid rinsing the CHG off too soon. After five minutes, rinse your body thoroughly.
- **DO NOT apply** any other soap or lotion, cream or powder to your abdomen after finishing your CHG wash. Pat yourself dry (don't scrub) with a CLEAN towel and then put on your CLEAN clothes.
- Shower with CHG the **night before** your surgery AND the **morning of** your surgery.
- **DO NOT shave** any part of your abdomen within 24 hours of your surgery.