



## PRE- SURGERY SHOWERS

Getting your skin ready for surgery is extremely important! Cleansing your skin before surgery can reduce the risk of infection at your surgery site. You play a vital role in helping prevent an infection.

Hibiclens is a powerful disinfectant that will eliminate germs on your skin. It looks and feels like liquid soap and should be used like shower gel.

## SUPPLIES NEEDED

- Hibiclens soap
- Clean washcloth or sponge
- Clean towels, bed linens and clothing

## DIRECTIONS

- You should take TWO showers, one the night before and one in the morning, before coming to the hospital.
- Shower or bathe normally, washing your hair and body with your usual soap and shampoo. Rinse your body and hair to remove any residue. Do not use hair products after shampooing.
- Hibiclens is a strong disinfectant. **DO NOT USE IT ON OR NEAR YOUR FACE, EYES, EARS, HEAD OR GENITAL AREAS.**
- Apply approximately half of the bottle of Hibiclens to a clean washcloth or sponge.
- Gently lather your entire body from the chin down. Pay special attention to your surgical site area; include groin area, creases, belly button and under breasts.
- Let lather remain on skin for 15-20 seconds.
- Rinse well. Do not rewash with regular soap.
- The morning of surgery, repeat the hibiclens shower. You may use regular soap on your face.

## AFTER YOUR SHOWER

- Pat yourself dry with a clean towel. Dress in clean clothes and underwear.
- After each shower, do not apply lotions, oils, creams, hair products, powders, perfume or make-up.

## IF YOU ARE ALLERGIC TO HIBICLENS, USE AN ANTIBACTERIAL SOAP INSTEAD.

Preventing an infection before, during and after your surgery is an important step in making sure your operation goes smoothly and that you recover quickly.

We're honored to care for you.

Thank you,

Your Pre Admit Team