



## Preoperative Hibiclens Bathing Instructions

Before surgery it is important to take an important role in your surgical care. To assist in the prevention of surgical site infection we ask that you follow these instructions to prepare your skin to be as germ free as possible.

The Centers for Disease Control and Prevention most recent guidelines “Require patients to shower or bathe with an antiseptic agent on at least the night before the operative day.”

We recommend using a special soap called chlorhexidine gluconate (CHG). This is commonly called Hibiclens and can be bought at your local pharmacy (CVS, Walgreens). If you are allergic to CHG or have any other reason that washing with CHG is not possible, please follow the instructions below with antibacterial soap instead. Chlorhexidine has a cumulative effect which means that the more times it is used, the greater effect it will have on decreasing microorganisms found on the skin.



Prior to your operation, **two chlorhexidine antiseptic showers are recommended.**

### **When to use:**

**First shower**—Take your first chlorhexidine shower on the night before surgery.

**Second Shower**—Take your second chlorhexidine shower on the day of surgery before coming into the hospital.

### **How to use:**

1. Wash your hair and body as regular with your shampoo and soap.
2. Thoroughly rinse your body with warm water from the neck down.
3. Turn off the water.
4. Apply the minimum amount of Hibiclens necessary to cover the skin around the planned surgical area. For shoulders, we recommend from the base of the neck, down the arm to the hand and fingers. No need to include the face. **Make sure to use a lot of soap in the arm pit. Do not scrub too hard.** Use a washcloth to gently apply the Hibiclens for 5 minutes. Pay attention to the planned surgical area.
5. Turn the water back on and rinse thoroughly with warm water.
6. Pat yourself dry with a clean towel.
7. Do not apply any lotions, powders, or perfumes to the areas cleaned with Hibiclens.
8. Put on clean clothes.