

PREPARING YOUR SKIN BEFORE SURGERY USING CHLORHEXIDINE SOLUTION

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgery site. A special soap is used called chlorhexidine gluconate. You will need two 4 oz. bottles of this soap for showering.

NOTE: These instructions are based on two 4 oz. bottles. If you have one 8 oz. bottle, use 1/2 of the bottle for each shower.

Please follow the steps below that outline the process:

- Do **not** shave or remove body hair two days prior to surgery. Facial shaving is permitted. If you are having head or neck surgery, please ask your doctor.
- A total of two showers should be performed prior to surgery.
- **First shower, the night before surgery** (use one 4 oz. bottle of soap).
- **Second shower, the day of surgery** before coming to the hospital (use one 4 oz. bottle of soap).
- Stop using the product if a skin reaction occurs (rash, excessive itching, hives, redness, etc.). Wash your whole body with antibacterial soap during a shower instead. Leave the soap on your skin for 1 minute. Rinse and repeat. Dry yourself with a clean towel.

Showering instructions:

1. Wet your entire body, including hair, with warm water.
2. Wash your hair with your own shampoo and rinse.
3. Wash your face and genital/rectal area with your own soap and rinse.
4. Apply 1/2 of the bottle (2 oz.) of the chlorhexidine soap and lather your body starting from your jaw line down. **Do not put the soap on the face (eyes, ears, nose, or mouth) or genital area.** Wait 1 minute before rinsing.
5. Repeat step 4 using the other 1/2 of the bottle (2 oz.).
6. Dry hair and body with a clean towel.

After the shower instructions:

- After your evening shower, sleep in clean, freshly washed pajamas and sheets.
- After your morning shower, dress in freshly washed, loose-fitting clothes.
- Do not wear jewelry.
- Do not apply any lotions, powders, deodorant, makeup, nail polish, hair products, or perfumes/colognes.