

Pre-surgery bathing instructions

When you're getting ready for surgery, even small steps can make a big difference. Before your procedure, you can lower your risk of infection by carefully washing with a special antiseptic soap. Following these bathing instructions helps protect your body and supports a safer, smoother recovery.

Which soap should you use?

Unless you're allergic, your care team recommends using chlorhexidine gluconate (CHG) soap before surgery. This gentle but effective antiseptic helps remove bacteria from your skin and lowers the risk of infection at the surgical site. A common brand is Hibiclens. It is best to use CHG rather than over-the-counter antibacterial soaps such as Dial, Lever or Safeguard (bars or body wash) as these are not as effective in reducing the risk of infection before surgery. If you are unable to obtain CHG, these over-the-counter options may be used as an alternative. Please purchase at least a 4-ounce bottle.

Pre-surgery bath on this date: _____

Date of surgery: _____

Before you shower:

- **Take off any nail polish.** It can hide bacteria and keep your skin from getting fully clean.
- **Clean under your fingernails** using a nail brush or washcloth with regular soap.
- **Avoid artificial nails or nail extensions**, as they can trap bacteria.
- **Don't shave the surgery area for at least five days before your procedure.** Shaving can cause tiny cuts that raise your risk of infection. If needed, your surgical team will take care of your hair removal safely.

Pre-surgery bathing instructions (continued)

Shower instructions – night before and morning of surgery:



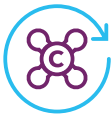
To help lower your risk of infection, you'll need to shower twice – once the night before surgery and again the morning of. Follow these steps carefully:



- 1. Start with your regular shampoo, face wash and soap.** Wash and rinse first. Be sure to rinse off all shampoo and soap before using CHG.



- 2. Don't shave the surgery area.** Shaving can cause tiny cuts that raise your risk of infection. Your surgical team will remove hair if needed.



- 3. Turn off the water before applying CHG** to keep it from rinsing off too soon.



- 4. Shower with CHG (such as Hibiclens).** This special soap helps reduce bacteria on your skin.



- 5. Apply CHG from the jawline down.** Do not use it on your face, ears, eyes, mouth, genital area or open wounds. These areas are too sensitive.



- 6. Rub CHG gently into your skin for five minutes.** Focus on the area where you will have surgery. CHG will not lather – that is normal. When you are done, turn the water back on and rinse thoroughly.



- 7. Do not use regular soap, body wash or lotion after rinsing off the CHG.** These products can reduce its effectiveness.



- 8. Pat yourself dry with a clean, soft towel.** Use a fresh towel each time.



- 9. Put on clean clothes or pajamas after your shower.** If it is the night before surgery, sleep on freshly laundered linens.



- 10. Do not apply lotion, powder, deodorant or perfume after your CHG shower on the day of surgery.** These can reduce the soap's ability to protect your skin.

Remember, these steps are designed to help you stay safe and comfortable before surgery. If anything is unclear or you need support, don't hesitate to reach out to your care team. They're here to provide the care and answers you need.