

PREOPERATIVE BATHING INSTRUCTIONS WITH CHLORHEXIDINE

Before surgery, you can play an important role in your health. Skin is not sterile, so we need you to reduce the number of germs on your skin by carefully washing before surgery.

Please follow these Instructions:

IMPORTANT: You will need to shower with a special soap called Chlorhexidine Gluconate (CHG). A common brand name for this soap is Hibiclens. You will only need a small bottle, about 4 ounces that should last for three showers. Your Pre Op Nurse will give this to you.

Bathing Instructions

- You will need to take **three** CHG showers
 - The first shower is **2 days** before surgery
 - Put on clean clothes or pajamas and sleep on freshly laundered bed linens
 - The second is the **night before** surgery
 - Third, the **morning of** surgery
- With each shower, wash your hair as usual with your normal shampoo. Rinse your hair and body thoroughly afterward to remove the residue
- **DO NOT SHAVE** the area of your body where your surgery will be performed
- Turn the water off before applying the CHG soap to prevent rinsing it off too soon. **Apply CHG to your entire body from the JAW down. DO NOT get the soap in your eyes, ears, nose, mouth, or genital area.** Wash thoroughly but gently for five minutes, paying special attention to the area where your surgery will be performed. Do not scrub your skin too hard. **DO NOT wash with your regular soap after using CHG.** Turn the water back on and rinse your body well
- Pat yourself dry with a clean, soft towel after each shower. **DO NOT apply lotions, perfumes or powders after using CHG the day of surgery.** If you have an allergy to chlorhexidine, complete the above process using an antimicrobial soap such as Dial.