

How to Clean Your Skin Before Surgery

Cleaning your skin *before* your surgery can reduce your risk of an infection *after* surgery.

You will get 2 packets of special soap to clean your skin. →
This soap is called chlorhexidine. The brand name is Hibiclens®.
Use 1 packet the night before your surgery and one packet the morning of your surgery.



Your Washing Schedule

1 week before your surgery _____ (date)



- **Stop shaving surgery area.**
Do not shave or use any hair removers (like “Nair” or waxing) on the area.

On the night before your surgery _____ (date)



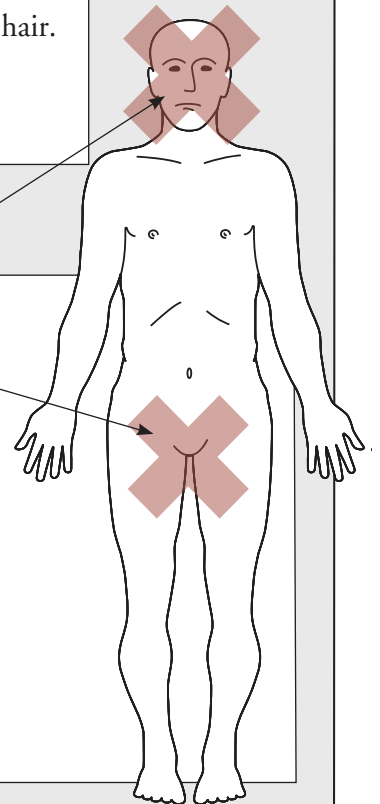
- **Stop shaving any area** of the body, including the legs and underarms.
Men can still shave their face.
- **Put clean sheets on your bed.**
- **Evening shower**—First, take a normal shower to clean your skin and your hair.
Then follow the washing instructions on page 2.
- **Wear clean pajamas to bed.**

On the morning of your surgery _____ (date)

- **Morning shower**—First take a normal shower to clean your skin and your hair.
Then follow the washing instructions on page 2.
- Put on clean clothes and go to the hospital for your surgery.

Be Careful Not to Do These Things

- ✘ **Do not** use this special soap on your face, head, or hair.
- ✘ **Do not** let it get into your eyes, ears, nose, mouth or crotch area.
Do not use on broken skin or open wounds.
If the soap touches these areas, rinse it with water for at least 1 minute.
- ! **Stop using the soap if you have a rash, redness, itching** or any other problem with the chlorhexidine. **You may be allergic to it.**
Rinse with water for at least 1 minute. And call your healthcare provider.
- ✘ **Do not** use these packets if you **know** that you are **allergic to chlorhexidine**. Please tell your healthcare provider. Use another kind of antibacterial soap, such as Dial. Use the other soap as you normally would.
Rinse it off your skin each time.



Steps for Using Special Soap

Turn shower water off.

Open and pour one package of Hibiclens® on a clean dry washcloth.

Clean your whole body with the washcloth and special soap in the order below.

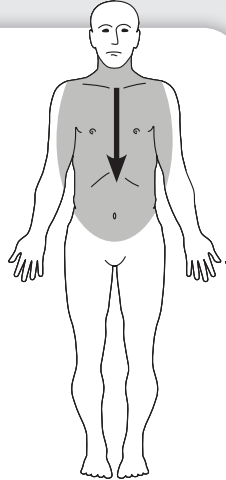
Let each area air dry for 1 minute for wash to work.



Clean each area in a back and forth motion.

1.

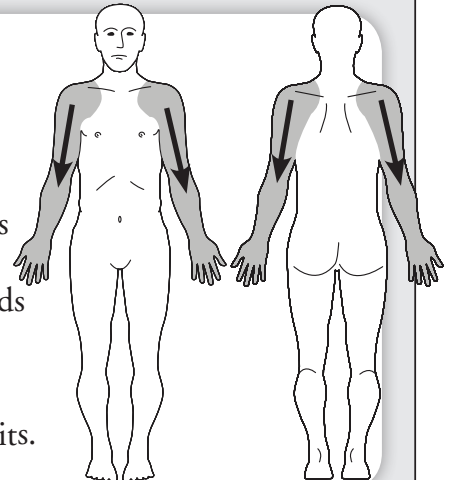
Wipe your neck, chest and stomach.



2.

Wipe both of your arms. Start at your shoulders and work your way to your hands and fingertips.

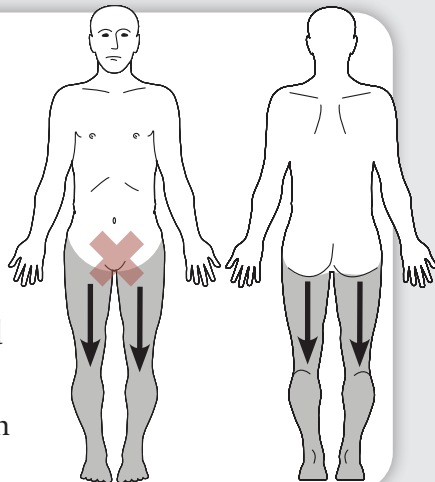
Don't forget to clean your armpits.



3.

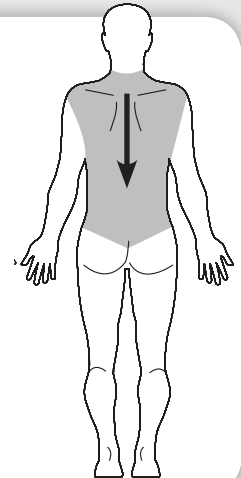
Wipe both of your legs. Do 1 leg at a time. Start at your upper leg near your crotch. Work your way to your feet and toes.

Don't forget to clean behind your knees.



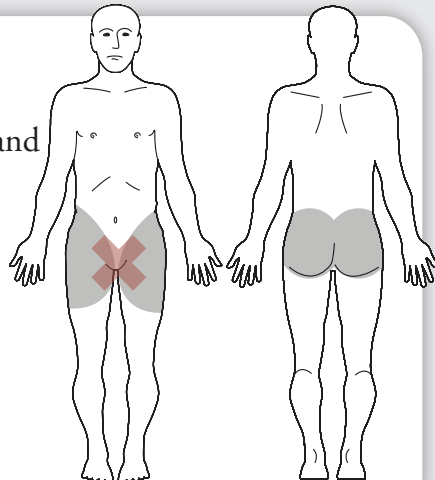
4.

Wipe your back. Start at your neck and work your way down to your waist. You may need help to do this step.



5.

Wipe your right and left hips. Avoid your crotch area.



6.

Wipe the outside of your buttocks. Do not use like toilet paper.

7.

Wait 1 minute to make sure all soap is dry. Then rinse off the soap in the shower. Do not scrub.



Do not use any lotions or make up after you wash your skin.