

Pre-Operative Hygiene

Bathing Instructions

You will need to shower with a special soap called chlorhexidine gluconate. Your surgeon's office staff will provide you with Scrub Care® Exidine®. The purpose of the soap is to reduce the normal bacteria on your skin that may be a potential source of infection at the surgical site.

Please follow these instructions:

1. Do not shave or remove any hair from the surgical site one week prior to your procedure.
2. Please remove any jewelry, including piercings, prior to showering and leave out until after surgery.
3. Take two showers with the chlorhexidine soap. The first shower should be taken the night before surgery and the second shower the morning of surgery.
4. During each shower, you may shampoo and condition your hair prior to use of chlorhexidine on your body. Rinse your hair and body thoroughly after using shampoo/conditioner to remove the residue.
5. Turn water off before applying the chlorhexidine soap to prevent rinsing it off too quickly. Apply the soap to your entire body from the neck down, using your hands or a clean washcloth. Do not use chlorhexidine near your eyes, ears, nose, mouth or genital area. Wash thoroughly and gently for five minutes, paying special attention to the area where your surgery will be performed. Do not scrub your skin too hard. The soap may be slippery, so please use caution when getting out of the shower.
6. Do not wash with your regular soap after using the chlorhexidine.
7. Turn the water back on and rinse your body well.
8. Pat yourself dry with a fresh, clean, soft towel after each shower. Put on clean clothes or pajamas. Use freshly washed bed linens for the first night.
9. Do not apply any lotions, powders, deodorants or perfumes after bathing with chlorhexidine.

Tips to prevent infection after surgery

- Always wash your hands with soap and water after using the bathroom
- Always wash your hands with soap and water before and after touching the skin around your incision
- Use clean, fresh linens and towels
- Avoid letting pets onto your bed, and wash your hands thoroughly after touching your pet
- Be prepared for your care after surgery. Keep all dressings and supplies in a clean, dry area. Do not store them on or around the toilet.

Questions? Please contact your physician's office.