

Showers Before Surgery

Chlorhexidine Gluconate (CHG) kills germs and is in some types of soap. Washing your skin with a germ-killing soap will help to stop infection after surgery. Please follow the steps on this sheet to clean your skin before surgery.

- DO NOT SHAVE any part of the body (men can shave their face) for 2 days before your surgery until after your surgery is done.
- Buy 2 of the 4-ounce bottles (or buy 1 of the 8-ounce bottles and use half at a time) of CHG germ-killing soap from a pharmacy. DO NOT use this product if you are allergic to CHG.
- Below are pictures of some CHG germ-killing soap that is okay to use:



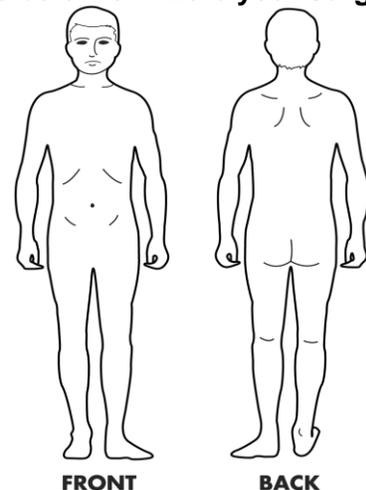
Note: Any type/brand of 4% CHG germ-killing soap is okay to use. Ask the pharmacist if you are not sure what to buy or if you have questions.

- Shower the night before surgery AND the morning of surgery with the CHG soap following the steps on this paper.

- DO NOT use CHG soap by your eyes, ears, mouth, or between your legs by your vagina or the tip of the penis.
- This soap may stain or change the color of towels/washcloths.

The night before surgery

- In the shower, clean your body with your regular soap first. Wash and rinse your hair using your every day shampoo and conditioner.
- Make sure you use clean shower water to rinse all of the soap, shampoo and conditioner off your body and out of your hair.
- Next use clean shower water to wet your entire body. Then turn the water off or move away from the water spray.
- Stay out of the water as you wash with the CHG soap.
- Use 1 bottle (4 ounces) for this shower (or half of the large 8-ounce bottle).
- Use a clean washcloth to put the CHG soap on your body. Start by washing your neck and clean each part of your body as you work toward your feet.
- When you are done cleaning your body, **gently rub where your surgery will be for about 3 minutes. See the mark on the picture below of where your surgery will be.**



- Use clean shower water to rinse all the CHG soap off your body.
- If you have pain, red spots or an itch that does not stop, use clean water to rinse off the CHG soap right away and do not put any more on.
- DO NOT wash with your regular soap, shampoo or conditioner after you have used the CHG soap.
- Use a clean towel (a towel that has not been used since it was washed) to dry your body.
- DO NOT put on deodorants, lotions, moisturizers, makeup, powders or sprays. These can make the CHG soap not work well.
- Dress in clean clothes (clothes that have not been worn since they were washed).
- Sleep on sheets that are clean (sheets that have not been slept on or used since they were washed).
- When you are done cleaning your body, **gently rub where your surgery will be for about 3 minutes. See the mark on the picture of where your surgery will be.**
- Use clean shower water to rinse all of the CHG soap off your body.
- DO NOT wash with your regular soap, shampoo or conditioner after you have used the CHG soap.
- Use a clean towel (a towel that has not been used since it was washed) to dry your body.
- DO NOT put on deodorants, lotions, moisturizers, makeup, powders or sprays. These can make the CHG soap not work well.
- Dress in clean clothes (clothes that have not been worn since they were washed).

The morning of surgery

- **Only use the CHG soap for this shower.** DO NOT wash with any other soap.
- **Do not shampoo or condition your hair.**
- Use clean shower water to wet your entire body. Then turn the water off or move away from the water spray.
- Stay out of the water as you wash with the CHG soap.
- Use 1 bottle (4 ounces) for this shower (or half of the large 8-ounce bottle).
- Use a clean washcloth to put the CHG soap on your body. Start by washing your neck and clean each part of your body as you work toward your feet.
- DO NOT use CHG soap near your eyes, ears, mouth, or between your legs by your vagina or the tip of the penis.

Call your surgeon's clinic if you have any questions about taking showers before your surgery.