

Preoperative Showering Instructions

You will need to purchase 1 bottle of Hibiclens (chlorhexidine gluconate).

This can be purchased at any pharmacy or drug store.

Complete two showers prior to surgery:

- ☐ The night before surgery **and**
- ☐ The morning of surgery.

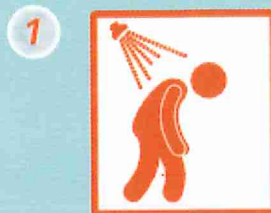
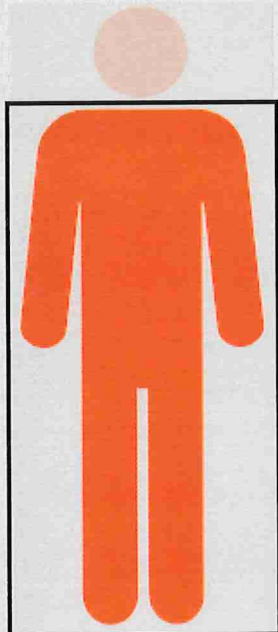
With each shower:

- ✓ Wash from the neck down with the Hibiclens soap
- ✓ Wash an extra 2-3 minutes on and around surgical site
- ✓ Use a clean towel to dry off with



Your cleansing area:

Keep the cleanser
out of the eyes,
ears and mouth.
For external
use only.



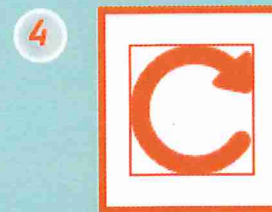
Thoroughly rinse the area
to be cleansed.



Apply the minimum amount
of cleanser necessary to cover
the area, and wash it gently.



Thoroughly rinse the area again.



Repeat this process as directed
by your provider.

Additional Instructions

- ✓ **Do not** use in your hair, it is OK to use Shampoo and Conditioner at the beginning of the shower prior to doing your Hibiclens wash.
- ✓ Do not directly apply to genital area
- ✓ Sleep with clean sheets on the bed the night before surgery
- ✓ After you complete these showers, do not apply lotions, deodorants or perfumes to your skin
- ✓ **Do not shave** the surgical area within 7 days of the operation