

Before surgery, you can play an important role in your own health. By thoroughly washing your skin with a special antibacterial solution, you can reduce the possibility of infection following surgery.

- You may be provided a 4 ounce container of special soap called Hibiclens, which is a type of chlorhexidine gluconate (CHG). Or you may obtain this cleanser (or comparable products, such as Betasept, Dynehex or Exidine) from any pharmacy.
- Shower the night before surgery AND the morning of surgery, using half a bottle for each shower. If you do not have access to a shower, follow these same instructions taking care to avoid sitting in a tub of water.
- Remove any body piercing jewelry prior to showering and have it out until after your surgery.
- **DO NOT** shave the area of your body where your surgery will be performed for at least 48 hours prior to surgery.
- Dress in clean clothes and use clean bed linens following both of your antiseptic showers.

### Please follow these steps when showering:

1. Hair may be shampooed with regular shampoo and rinsed thoroughly away from the body **PRIOR** to use of Hibiclens on the body. **DO NOT** use conditioner or other leave-in styling agents on your hair.
2. Turn the water off to prevent rinsing the soap off too soon.
3. Using your hands or a clean washcloth, apply Hibiclens to your entire body, from the neck down to your toes.
4. Apply gently for 3–5 minutes. **DO NOT** scrub your skin too hard.
5. Be sure to clean the area well where your surgical incision will be. If the surgical site will be in a location that is difficult to reach, you may consider having assistance to clean that area.
6. If you are having a laparoscopic surgery, gently clean your belly button with Hibiclens on a cotton-tipped applicator.
7. Rinse thoroughly with running water. **DO NOT** use any other soap or body rinse on your skin.
8. Pat dry with a clean absorbent towel.
9. **DO NOT** use lotion, powder, deodorant, perfume, or aftershave of any kind on the skin after bathing with Hibiclens.