In order to reduce the chance of infection, your healthcare team recommends the use of chlorhexidine shower sponges before and after your surgery. Use the chlorhexidine sponge:

- On the evening before surgery and before going to the hospital on the morning of surgery.
- Do not shave the surgical area of your body for three days before your surgery.

Instructions for a Chlorhexidine Shower

1. Wet your skin in the shower then turn the water off.
2. Open the sponge packet:
   - Discard the nail tool (throw it away).
   - Gently squeeze the sponge until the soap is visible and foaming. Do not add water.
3. First, using the soft side of the sponge, gently clean where your surgery will be performed for 30 seconds.
4. Next, bathe your body in the correct order from head to toe, using the picture to the right as a guide.
   - Do not reclean operative site.
5. Turn on the water and rinse your body well.
6. Discard the sponge (throw it away).
7. Pat dry with a fresh, clean towel. Put on clean clothes or pajamas. Use clean sheets the first night you wash. Do not apply deodorant, lotion, perfume, hair products, or makeup.