

BEFORE SURGERY

PATIENT EDUCATION – CHLORHEXIDINE SHOWER INSTRUCTIONS

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.

