

## Health Education

### Preoperative Hibiclens Bathing Instructions

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help you be sure that your skin is clean before surgery.

**IMPORTANT:** You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens, but any brand is acceptable to use. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use.

- Not to be used by people allergic to chlorhexidine.
  1. Shower or bathe with CHG the night before your surgery and the morning of your surgery. Do not shave the area of your body where your surgery will be performed.
  2. With each shower or bath, wash your hair as usual with your normal shampoo.
  3. Rinse your hair and body thoroughly after you shampoo your hair to remove the shampoo residue.
  4. Then apply the CHG soap to your entire body **ONLY FROM THE NECK DOWN**. Do not use CHG near your eyes or ears to avoid permanent injury to those areas. Wash thoroughly, paying special attention to the area where your surgery will be performed.
  5. Turn water off to prevent rinsing the soap off too soon. Wash your body gently for five (5) minutes. Do not scrub your skin too hard. Do not wash with your regular soap after CHG is used.
  6. Turn the water back on and rinse your body thoroughly.
  7. Pat yourself dry with a clean, soft towel.

### PHARMACIES STOCKING CHG (HIBICLENS) ANTIBACTERIAL SOAP

CHG soap can be purchased at most large pharmacies, including CVS and Walgreens. Please call your pharmacy to be sure that they have CHG soap in stock.

