

# PREOPERATIVE BATHING INSTRUCTIONS

You play a key role in your own health. Before surgery, it is important to reduce the number of germs on your skin. In addition to the information included in the "How to Prevent Surgical Site Infections" pamphlet, the instructions below are provided to help you carefully wash your skin before your surgery.



Use Dial Gold soap and a special soap called chlorhexidine gluconate (CHG). A common name for this soap is Hibiclens®, but any brand of 4% CHG is okay to use. Do the preoperative bath/shower, one time a day, for

**4 days** before surgery and then take your last bath/shower the day of your surgery, before coming to the hospital. If you have any questions, please call your doctor.

## BEFORE YOU BATHE OR SHOWER:

- Read the directions and warnings on the CHG product label.
- Do not use the product if you are allergic to CHG or other ingredients listed. Please tell your doctor.

## WHEN YOU BATHE OR SHOWER:

1. Wash your hair as usual with your regular shampoo. Rinse hair and body thoroughly to remove any shampoo residue.
2. Wash your entire body with Dial Gold soap. Apply the soap directly to your skin and wash gently using a clean wash cloth. Allow the soap to remain on

your skin for 1 minute before rinsing your body.

*\*Use a clean wash cloth each time you bathe/shower.*

3. Wash your entire body from the neck down with CHG soap. Apply just enough CHG to cover the skin and wash gently using the clean wash cloth. Allow the CHG to remain on your skin for 1 minute before rinsing your body. **Warning: Do not apply CHG to the face, mouth, ears, genitals, or open wounds.**



4. Rinse your body thoroughly with warm water.
5. Pat yourself dry with a clean, soft towel. Do not apply lotions, powders, or perfumes.
6. Put on clean clothes.

## OTHER INFORMATION:

- CHG soap may be provided by your doctor. You can purchase 4% CHG soap at local pharmacies.
- Check the boxes to help you remember. Start on this day \_\_\_\_\_.

☐ Day 1 \_\_\_\_\_

☐ Day 2

☐ Day 3

☐ Day 4

☐ Day of surgery \_\_\_\_\_

**\*PLEASE BRING THIS FORM WITH YOU THE DAY OF SURGERY**

# SURGERY AND MEDICATION LIST

## SURGICAL/PROCEDURE HISTORY

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## MEDICATION

## DOSE

## HOW OFTEN IS MEDICATION TAKEN?

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