

## Pre-operative Showering 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 clean as possible. Your skin will be prepared with antiseptic before your surgery, but the antiseptic can work better if your skin is **clean**.

To clean your skin before surgery, you will complete 2 showers with an antibacterial soap like Hibiclens™, Dial™, Lever™, or Safeguard™. If you are allergic to any of these products, you should not use them and tell your care team. Studies have shown it is not as important what antiseptic soap product you use, but that it is very important that you do shower or bathe before your surgery.

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## Guide for Preoperative shower using Antibacterial Soap

Hibiclens and other antibacterial soaps are available at drug stores/pharmacies such as Walgreens and CVS, as well as places like Target and Wal-Mart.

- You will complete **two** showers using an antibacterial soap. You will take one shower the evening before and one the day of surgery.
- If you wash your hair during either shower, do so with your regular shampoo. Then rinse hair and body thoroughly to remove any shampoo residue.
- Apply the antibacterial soap to a wet washcloth and wash from the neck down. Spend a few extra minutes focused on the area of your body that you will have surgery.
- Use gentle friction but do not scrub your skin harshly or use a scrub brush.
- Do not shave any hair from your body. If shaving is needed at the surgical site, it will be performed at the surgery center.
- Dry your body with a clean towel.
- Do not apply any lotions, powders, fragrance, or hair products after showering.
- Put on clean clothing and sleep in clean bedding. Avoid sleeping with pets.