



## **Surgical Wash Instructions**

Infection can occur with any surgery. Some risk factors are related to type of surgery as well as other medical conditions you may have (diabetes, obesity, smoking). You can help reduce your risk by following these preoperative showering instructions.

**To reduce your risk of surgical site infection, use 4% Hibiclens soap to shower the night before surgery AND the day of surgery.** Purchase 4% Hibiclens for showering. Please read the instructions and the precautions on the bottle before using.

### **Shower Instructions**

1. Wash your hair using your normal shampoo. Rinse completely.
2. Completely wash your face, body, belly and groin area with regular soap. Rinse completely.
3. Apply a quarter to fifty cent piece size volume of Hibiclens to a clean wet washcloth and gently lather (do not scrub) your entire body from your neck down paying special attention to the planned surgical site, armpits, belly button and any folds. Do not apply directly to your eyes or genital area.
4. Gently rinse your entire body.
5. Repeat this process a second time (Step 3), although before rinsing let the soap stand on your skin for two minutes.
6. After the 2 minute wait period, gently rinse your entire body. Do not use regular soap after washing and rinsing with Hibiclens.
7. Dry off by patting your belly dry and drying off your entire body. Use a clean, freshly-laundered towel for each shower.
8. Dress with freshly-washed clothes after showering.
9. Do **not** apply any lotions, deodorants, powders or perfumes to your body.
10. Do not shave your bikini area or belly 7 days prior to surgery.

**If you are unable to complete the 4% Hibiclens washes prior to your surgery, please notify your doctor and the surgical team when you arrive at the hospital. You will be instructed to use a different product (SAGE Wipes) on your entire body on the day of surgery.**