

Instructions for preoperative skin cleansing before planned procedures

Use liquid skin soap that contains Chlorhexidine Gluconate (CHG) Soap

There are several different brands of CHG soap available over the counter at your local pharmacy for example Hibiclens™ brand.

Do Not Shave at or near an operative or treatment site for 2 days

Please remember do **NOT SHAVE** any of the hair bearing areas at or near the planned operative sites for 48 hours prior to the operation. Shaving within 48 hours increases wound infection. **We will clip hair not shave hair. If you require hair removal for a procedure we will clip the hair immediately before your operation or procedure.**

Why should you do this: To take advantage of the potential to decrease post-operative surgical site infections by cleansing the skin of the patient preoperatively. If the patient's condition allows, a whole-body shower bath is preferred.

How you should do this: For procedures of the **upper extremities**, wash from the neck down to and including the chest/breast area, arm pit, and arm and all fingers of the upper extremity. Pay special attention to cleaning arm pit area.

For surgical procedures of the **lower extremities**: wash from the belly button down to your toes, including the groin and both lower extremities. Do not scrub off any marks made by your surgeon. Gently wash those marked areas.

For surgical procedures that involve the **abdomen**, wash from the mid chest down to the mid thigh. For surgical procedures of the **head/scalp**, it is necessary to wash the entire head and hair and including the neck.

Each shower should consist of two consecutive thorough applications of CHG containing formulation followed by a thorough rinsing.

The recommended use of the preoperative skin cleansing soap is as follows:

- Wet the body
- Wash the body using 1 ounce of the formulation. Scrub the areas of the planned operation and the surrounding areas for 30 seconds using a wash cloth, etc.
- Rinse and repeat. Rinse thoroughly after the second application.
- After completing the shower and drying the skin, **do not apply any skin lotions, moisturizers, etc.**

When you should do this: Take showers twice before having surgical procedure. Shower (do not bath) **the evening before** the operation and also shower (not bath) **the morning of** your operation or procedure.