



## Preoperative Hibiclens Bathing Instructions

Before surgery it is important that you take an important role in your surgical care. To assist in the prevention of a surgical site infection, we ask that you follow these instructions to prepare your skin to be as germ free as possible.

You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common name for this soap is Hibiclens, but any brand is acceptable to use.

If you are allergic to CHG or for any other reason that washing with CHG is not possible, please follow the below instruction and use antibacterial soap.

### Hibiclens Patient Instructions for Skin Cleaning for bathing or showers:

#### 1. Read the “Drug Facts” information and directions on the bottle:

- a. Hibiclens is not to be used on the head or face, keep out of eyes, ears and mouth.
- b. Hibiclens is not to be used in the genital area.
- c. Hibiclens should not be used if you are allergic to chlorhexidine gluconate or any other ingredients in this preparation.

#### 2. Night Before Surgery:

- a. When you bathe or shower:
  1. Wash your hair as usual with your regular shampoo. Then rinse hair and body thoroughly to remove and shampoo residue.
  2. Wash your face with regular soap or water only.
  3. Wash your genital area with regular soap or water only.
  4. Thoroughly rinse your body with warm water from the **neck down**.
  5. **Turn off the water to prevent rinsing the CHG soap off too soon.**
  6. Apply the minimum amount of Hibiclens necessary to cover the skin. Use Hibiclens as you would any other liquid soap. You can apply Hibiclens gently to the skin and wash gently for 5 minutes with a wash cloth. Pay special attention to the area of surgery.
  7. Turn the water back on and rinse thoroughly with warm water.
  8. Do not use your regular soap after applying and rinsing Hibiclens.
  9. Pat yourself with a clean towel.
  10. Do not apply lotion, powders or perfumes to the areas cleaned with Hibiclens.
  11. Put on clean clothes.

#### 3. Morning of Surgery:

- a. If time permits, follow ‘Night Before Surgery’ instructions.
- b. If time is limited, just wash the area intended for surgery as the instructions above state.

*CHG soap can be purchased at most large pharmacies, including CVS, Rite Aid and Arrow. Please call the pharmacy to be sure that they have CHG soap in stock.*