



Pre-Operative Shower Directions

Your doctor has asked that you wash and shower with a special soap, Chlorhexidine, before surgery to help reduce the chance of infection. This soap will be in a special sponge brush.

Don't


- **Do not use this soap if you are sensitive to this liquid (skin gets red).**
- **Do not use this soap sponge on children under 18 months of age!**
- **Do not use the soap sponges on your face, or hair.**
- **Do not get the soap sponge near your eyes or ears. It may cause harm to these areas.**

Use these soap sponges on Surgeries that are **BELOW** the CHIN only!

You need to take two showers before surgery.

- **Two soap sponges** will be given to you by either your doctors office, the PREP center, or by the nurse when you are in the hospital.
- When you shower, you must use the **soap sponge** that has the special soap.
 - **If you want to wash your hair while you shower**, use your regular shampoo, **not the** special soap sponge.
- These **special shower sponges** will cut down the number of germs on your skin.
- Lowering the number of germs on your skin will cut down the risk of infection.
- Take one shower the night before,
- Take the other shower the morning of surgery before you come to the Ambulatory Surgery Care Area.

The night before surgery:

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- **Shower**, or wash well from the **neck to toes**. Use the special soap sponges, and then rinse well with water.
 - Do not sit in the bathtub or soak in the water, the skin must be rinsed well.
 - Use **one shower sponge** to wash your body.
 - Start from your **neck and go down to your toes**.

The morning of your surgery:

- **Shower again**, or wash well from the **neck to toes**. Use the special soap sponges, and then rinse well with water.
- Do not sit in the bathtub or soak in the water, the skin must be rinsed well.
- Use **one shower sponge** to wash your body.
- Start from your **neck and go down to your toes**.

If you have a problem or questions, call your doctor.