

# HIBICLENS® GUIDE TO GENERAL SKIN CLEANSING AT HOME

Patients play a key role in preventing surgical site infections. Research has found that most surgical site infections are caused by patients' own germs, which means you can help prevent surgical site infections. Getting your skin ready for surgery is extremely important! To do this, you must cleanse your skin with a special chemical, CHG, found in soaps such as Hibiclens and other brands which may be purchased at any pharmacy (Walmart, Walgreens, CVS, etc). Before using, read all instructions!

You will need to take four (4) showers with chlorhexidine soap (CHG) beginning the third day before surgery, and ending the day of surgery.

## Steps for showering or bathing with the CHG/4% Hibiclens:

*If allergic reactions occur, stop using.*

1. Wash and rinse your hair, face, and body using your normal shampoo and soap.
2. Make sure you completely rinse off in a very thorough manner.
3. Turn off the shower, or step out of the bathwater.
4. Pour a quarter size amount of liquid CHG/Hibiclens soap onto a wet, clean washcloth, and apply to your entire body FROM THE NECK DOWN. Do NOT use on your face, hair, or genital areas.
5. Wipe the soap-filled washcloth over your entire body for 3 minutes; apply more soap as needed (1/4 of bottle should be used with each of the 4 showers/cleansings). Avoid scrubbing your skin too hard.
6. Turn on the shower/return to the bath and rinse the soap off your body completely with warm water.
7. Do NOT use regular soap after washing with the Hibiclens.
8. Pat your skin dry with a freshly-laundered, clean towel after each shower/bath cleansing.
9. Dress with freshly-laundered clothes after each shower/bath cleansing.
10. It is important to sleep with clean bed linens on the night before surgery!
11. Do NOT apply any lotions, deodorants, powders, or perfumes to your body.
12. Do NOT shave your legs the night before or the day of surgery nor remove any body hair below the neck. Facial shaving is the only thing permitted before surgery.
13. When you get to the hospital, tell your pre-operative nurse if you were unable to use the CHG soap as instructed. In this case, or depending on the type of surgery, you may be instructed to use disposable CHG wipes in the pre-operative area.



Working together, we can best prevent a surgical site infection—and put you on the path to a speedy recovery.

