

Pre-Surgery Shower Instructions

When do I shower?

The night before surgery

AND

the morning of surgery.



Instructions for showering

1. Wash your hair and body using your regular soap and shampoo.
2. Thoroughly rinse your body with warm water from the neck down.
3. TURN OFF THE WATER; apply a capful of Hibiclens to a clean washcloth or new sponge. Wash your skin from the neck down for 5 minutes. Pay special attention to the area that will be operated on. AVOID the face and genitalia.
4. Turn the water back on. Rinse thoroughly with warm water. Do not scrub the soap off your skin.
5. Dry off with a clean towel.
6. Do not apply lotion, deodorant, powders or perfumes.
7. The night before surgery, wear clean pajamas and sleep in clean bed linen. If you sleep with another person, have them bathe using their regular soap and wear clean pajamas to bed. Avoid sleeping with pets.
8. The next morning, repeat process above. Replace sponge or washcloth with a clean one. Use a clean towel to dry off. Dress in warm clothes, and do not apply lotion, deodorant, powders, perfumes or makeup.