



## Patient and Family Education

### **Bathing Instructions for the Surgical Patient**

Before surgery, you can play an important role in your own health. Showering with the antiseptic soap solution CHG (chlorhexidine gluconate) or Hibiclens greatly reduces the number of germs on the skin. Please read all of these instructions first and then follow them closely.

- **DO NOT** use the antiseptic solution if you are allergic to CHG (chlorhexidine gluconate). If you are allergic to chlorhexidine gluconate, use an antibacterial soap, such as Dial.
- Avoid shaving or the use of any topical hair removers at or around the surgical site.
- **DO NOT** use antiseptic solution on your face, head or neck. Do not use on hair. Do not allow solution to get in your eyes, ears, nose or mouth. Do not use in genital area. (If there is contact with these areas, rinse immediately and thoroughly with plenty of water).
- If rash, redness, itching or any other symptoms of allergy occur, stop use immediately and call your physician or the Illinois Poison Control Center (1-800-222-1222) right away if symptoms persist.
- Please refer to the product label for full drug labeling and product warnings.
- This solution is for your use only. Do not give it to anyone else.

The night before surgery:

- Wash and rinse your hair first, using your normal shampoo, Make sure you completely rinse the shampoo from your hair and body.
- Shower with an antibacterial soap, washing your entire body.
- Then shower from the neck down with the antiseptic solution. Use half (1/2) of the solution the night before surgery and save the other half for your morning shower.
- Apply the antiseptic solution to a wet, clean washcloth.
- Turn the water off in the shower or move away from the water spray to avoid rinsing the soap solution off.
- Lather your entire body from the NECK DOWN. Never use the antiseptic solution near your eyes, ears, nose, mouth or genitals.
- Gently wash your body and focus the scrub on the areas where the incision(s) will be located for about 3 minutes. Avoid scrubbing the skin too hard.
- Once you have completed the scrub, turn the water on and rinse the soap solution off of your body completely.
- **DO NOT** wash with regular soap after you have used the antiseptic soap solution. Pat yourself dry with a clean, freshly washed towel.
- **DO NOT** apply powders, deodorants, lotions, creams, hair products and make-up,
- Dress with freshly washed clothes. Make sure your bedding is freshly washed.

The morning of surgery:

- Please REPEAT ABOVE INSTRUCTIONS.
- Dress with freshly washed clothes.

CHG or Hibiclens can be purchased at most large pharmacies or may be picked up at the Admission and Testing Center Department of the hospital. The solution may come in liquid form or in a scrub brush applicator. Either form is fine.