

Preoperative Hibiclens Bathing Instructions

Because skin is not sterile, it is important that your skin be as free from bacteria as possible before your procedure. To help reduce the number of germs on your skin, you need to carefully wash it beforehand. Following these instructions will ensure that your skin is clean before surgery.

You will need to shower with a special soap called Chlorhexidine Gluconate (CHG). A common brand name for this soap is Hibiclens, but any brand is acceptable. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use.

Not to be used if you are allergic to Chlorhexidine

1. Shower or bathe with CHG **the night before your surgery and the morning of.** Do not shave the area of your body where the surgery will be performed.
2. You should wash your hair as you would normally do with your usual shampoo.
3. Rinse your hair and body thoroughly after you shampoo your hair to remove all shampoo residue that may remain.
4. In order to prevent the water from washing off the soap prematurely, turn off the water and gently scrub your body for 5 minutes. **Wash thoroughly, paying special attention to the area where your procedure will be performed. Do not scrub your skin too hard. Do not wash with regular soap afterwards.**
5. Apply the CHG soap **ONLY FROM THE NECK DOWN.** Do not use the CHG on your face.
6. After 5 minutes, turn the water back on and rinse thoroughly. After rinsing, pat yourself dry with a clean, soft towel.

CHG soap can be purchased at most pharmacies including: CVS, Walgreens, Arrow, Rite Aid, and Stop & Shop. Call your pharmacy ahead of time to make sure they have CHG soap in stock.