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Preoperative Hibiclens Bathing Instructions

Please follow these instructions to make your skin as germ free as possible and thereby reduce the chance of surgical site infection. You will need to shower three times with a special soap called chlorhexidine gluconate, or Hibiclens. Similar brands are also acceptable to use. Hibiclens can be purchased at most large pharmacies, including CVS, Rite Aid and Walgreens.

Important information about Hibiclens:

Do not apply to the head or face; keep it out of your eyes, ears and mouth.

Do not apply into the internal genital area.

Do not use it if you are known to be allergic to chlorhexidine gluconate or any other ingredients listed on the bottle.

Instructions for Hibiclens shower:

This shower should be taken three times: on the day and night before surgery AND on the day of surgery prior to coming to the office.

1. Wash your hair and body as usual with your regular shampoo and soap, then rinse completely.
2. **Turn off the water.**
3. Apply Hibiclens **from the neck down**. Cover your skin completely, avoiding the internal genital area. Use Hibiclens as you would any other liquid soap. Pay special attention to the area of surgery and scrub in a circular motion for at least 2 minutes.
4. Turn the water back on and rinse thoroughly with warm water. Do not use your regular soap after using Hibiclens.
5. Pat yourself dry with a clean towel and put on clean clothes. Do not apply lotion, powders, deodorant, or perfumes.