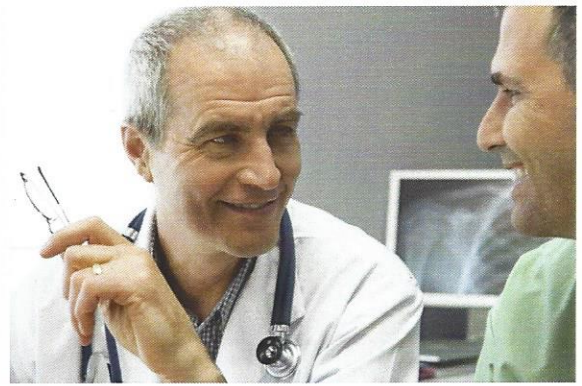


How to Prepare for Surgery

Patient Pre-operative Surgery Preparation at Home



Preparing your skin for surgery is extremely important. Studies show that cleansing your skin with Chlorhexidine Gluconate (CHG), an antimicrobial skin soap (also known as Hibiclens or Scrub-Stat), three times prior to surgery helps prevent post-operative Surgical Site Infections (SSI).

Before beginning your series of three showers with CHG, please change your bed linens and make your bed with freshly laundered sheets.

Shower 1 – Two days before surgery

1. Do not shave or remove any hair from the neck down two days (48 hours) before surgery.
2. Turn shower on. Shampoo hair and wash body with regular shampoo and soap.
3. Rinse shampoo and soap off thoroughly.
4. Turn shower off.
5. Pump enough liquid CHG to lather onto a new nylon bath sponge (do not use washcloth or loofah) and apply to entire body from the neck down. (Do not use CHG on face, hair or genital areas). Apply more CHG soap as needed.
6. Leave soap on for two minutes.
7. Turn shower back on.
8. Rinse CHG soap off thoroughly. (Do not use regular soap after washing with CHG).
9. Pat skin dry with a freshly laundered towel.
10. Do not apply any lotions, deodorants, powder or perfumes to skin after washing with CHG.
11. Dress in freshly laundered clothes.

Shower 2 – One day before surgery

Repeat steps 1 - 11

Shower 3 – The day/morning of surgery

Repeat steps 1 - 11

If you have questions, please contact the St. Joseph Hospital Infection Prevention and Control Department at 714-771-8105.

Did You Know?

Frequent hand washing in the days before and after your surgical procedure is the No. 1 way you can decrease your chance of developing a surgical site infection.

Remember:

- Change your bed linens and make your bed with freshly laundered sheets before starting your series of three showers.
- Do not shave or remove any hair from the neck down two days (48 hours) before surgery.
- Do not use a washcloth or loofah when applying CHG.
- Do not use CHG on face, hair or genital area.
- Do not use regular soap after washing with CHG.
- Do not apply any lotions, deodorant, powder or perfumes to skin after washing with CHG.

