



PORT HURON

1221 Pine Grove Ave, Port Huron, MI 48060

Patient Preoperative Surgery Showering Instructions

The use of Chlorhexidine Gluconate (CHG) 4%, skin cleanser has been shown to **DECREASE** bacteria (germ) levels on the skin and may reduce your risk of a surgical site infection.

1. It is recommended to shower the night before surgery and the morning of surgery.
2. Shower with a skin cleanser containing 4% Chlorhexidine Gluconate (CHG). Some brand names of CHG skin cleansers are Betasept or Hibiclens. CHG may be purchased from most pharmacies. A doctor's prescription is not necessary. **(Do not use a CHG containing soap on children 2 years of age or less, if breastfeeding, on the face, eyes, ears, mouth, genital area, on open wounds or if allergic to CHG).** If unable to use CHG, shower with antibacterial soap.
3. Refer to label or package insert for complete manufacturer's instructions.
4. Wash and rinse your hair with your regular hair products if desired (optional).
5. Wash and rinse your face and then genitals (privates) using your **regular soap** product.
6. Wet your entire body and step away from the shower stream.
7. Wet a clean washcloth and apply CHG skin cleanser to the cloth.
8. Clean your entire body from the neck down. Pay special attention to the area where you will have surgery as well as the belly button, hands, and feet.
9. Ask someone for help if you are unable to wash certain areas of your body.
10. Rinse well and gently dry with a freshly laundered clean towel.
11. After your shower, do not use any powder, deodorant, perfumes or lotions prior to surgery.
12. Wear freshly laundered pajamas to bed the night before surgery and sleep on freshly laundered sheets.
13. Wear freshly laundered clothes to the hospital.
14. Do not shave near where you are having surgery. (Shaving with a razor can increase your risk of infection where you have surgery)

