

# Pre-Surgery Skin Preparation Instructions

*Help stop infections before they can occur.*

Please shower using a 2% chlorhexidine antiseptic (a special skin cleanser used to prevent infections) the NIGHT BEFORE SURGERY and in the MORNING BEFORE YOU COME to the hospital. This greatly reduces the number of germs present on your skin and may help to prevent an infection at your surgery site. Chlorhexidine solutions such as Exidine® or Hibiclens® are available in 4 ounce bottles, and can be purchased at the Outpatient Pharmacy at MedStar Washington Hospital Center or at larger pharmacies, such as Walmart, Target, CVS, Walgreens and Rite Aid. DO NOT USE this solution if you are allergic to chlorhexidine gluconate. Avoid getting it in the eyes, ears, nose or mouth. Chlorhexidine should NOT be used on your face, head or genital area.

Follow these instructions carefully while showering:

- **Step 1:** Wash your hair and face with the products you normally use. Rinse your hair and body of any remaining shampoo or face soap.
- **Step 2:** Turn off water.
- **Step 3:** Apply the minimum amount of solution necessary, and gently wash your body, starting below your neck and working toward your toes. Pay special attention to the area where the surgery will be performed.
- **Step 4:** Turn the water back on, and rinse skin thoroughly to remove the cleansing solution.
- **Step 5:** Dry skin with a clean, soft towel after each shower. Do not apply lotion, perfume or makeup.
- **Step 6:** Put on clean clothing after each shower and sleep on clean sheets.