Bathing Instructions for Adult Surgical Patients

Before surgery, you can play an important role in your health. Showering with the antiseptic soap solution we have provided greatly reduces the number of germs on the skin.

Please read all of these instructions and follow them closely.

- **Do not** use antiseptic solution if you are allergic to CHG (chlorhexidine gluconate).
- If rash, redness, itching, or other symptoms occur, stop using the antiseptic soap solution immediately. If the symptoms persist, call your doctor.

You **MUST** shower the **night** before AND the **morning** of your surgery.

When you shower:

1. Wash your hair as usual with your regular shampoo. Then rinse your hair and body thoroughly to remove any shampoo residue.
2. Wash your face with regular soap and water only.
3. Wash your genital area with regular soap and water only.
4. Thoroughly rinse your body with warm water from the neck down.
5. Apply the antiseptic to a wet clean washcloth.
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4. Thoroughly rinse your body with warm water from the neck down.
5. Apply the antiseptic to a wet clean washcloth.
6. Lather your entire body **from the neck down**. Never use the antiseptic solution near your eyes, ears, nose, mouth, or genitals.

7. Gently wash your body and focus the antiseptic solution on the areas where the incision(s) will be located for 3 minutes. Do not scrub the skin too hard.

8. Once you have completed the scrub, turn the water on and rinse the antiseptic solution off your body completely.

9. **Do not wash with regular soap after** you have used the antiseptic solution. Pat yourself dry with a clean towel.

10. **Do not** apply powders, deodorants, lotions, creams, hair products, or make up.

11. Dress in freshly washed clothing.
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