

Preoperative Bathing Instructions

Before surgery, you have an important role in your surgical care. Following these instructions will prepare your skin to be as germ free as possible, and help prevent infections.

You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common name for this soap is Hibiclens®, but you can use any brand. The soap comes as a liquid, and you can buy it at most pharmacies.

- You will need to take **2 (two)** showers with CHG soap. Take a shower:
 - the night before your surgery
 - the morning of your surgery
- Turn the water off before applying the CHG soap to prevent rinsing it off too soon.
- Apply CHG to your entire body from the jaw down. Wash thoroughly for **3 minutes**, paying special attention to the area where you are having surgery. Do not scrub your skin too hard.
- **Do not get the soap in your eyes, ears, nose, mouth, or genital area.**
- Turn the water back on and rinse your body well. **Do not wash with your regular soap after using CHG.**
- Pat yourself dry with a clean, soft towel after each shower. Put on clean clothes or pajamas and sleep on freshly laundered bed sheets.
- **Do not apply any lotions, perfumes, or powders on the day of surgery.**
- If allergic to chlorhexidine, use an antibacterial soap (such as Dial®) for your shower.