

SHOWER INSTRUCTIONS BEFORE SURGERY

FOR JOINT REPLACEMENTS AND SPINAL SURGERIES Please follow these shower instructions before your surgery to reduce the number of germs on your skin. Any drug store will carry chlorhexidine body wash designed to reduce the bacteria on your skin.

Preparing for surgery:

- Obtain chlorhexidine solution (wash) or Hibiclens from any drug store.
- Take **TWO** showers, one the night before surgery and another the morning of surgery.
- Have freshly laundered soft clean wash cloths and towels available for each shower.

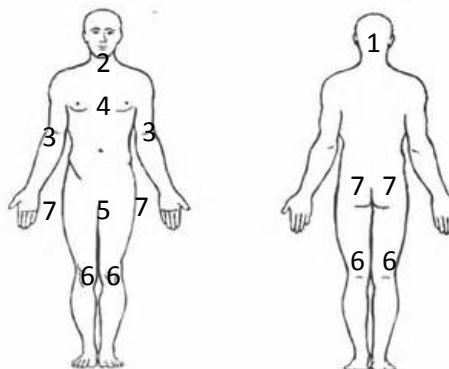
Shower Instructions:

1. Wash your hair using your normal shampoo.
2. Completely rinse the shampoo from your hair and body before using the chlorhexidine solution.
3. **DO NOT** wash your body with regular soap.
4. Wet your clean washcloth and apply chlorhexidine solution to the wet washcloth.
5. Wash your entire body from the neck down using the wet, soapy washcloth. **DO NOT use the soap near your eyes, ears, or mouth.**
6. Turn the water off in the shower or move away from the water spray. **AVOID** rinsing off the soap solution at this time.
7. Gently wash your body. Gently scrub the areas where the surgical incision(s) will be located for 3 minutes.
8. If you are having **hip surgery**, **also** scrub the groin area (**inside thigh up to underwear line**) on the surgery side for 3 minutes with a separate clean washcloth. Discard the washcloth used on the groin.
9. Once you have completed your surgical site washing for 3 minutes, turn the water on and rinse the soap solution off your body completely. **DO NOT** wash with regular soap after you have used the chlorhexidine solution.
10. **DO NOT** shave your skin anywhere near the surgical incision(s) will be located (i.e. armpits, legs)

After Each Shower:

1. Allow the future surgical area to air dry. Pat yourself dry with a clean towel everywhere else. **DO NOT** apply any lotions, moisturizers or powders.
2. **DO NOT** apply hair products (i.e. gels, hair spray) the morning of surgery.
3. Dress in fresh clean sleepwear/clothes.
4. Sleep in clean sheets the night before your surgery.

Wash areas in this order:



Warning: For external use only. Keep out of eyes, ears, and mouth. If chlorhexidine wash should contact these areas, rinse out promptly and thoroughly with water.