

## Pre-Operative Showering Instructions

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as clean as possible. Your skin will be prepared with antiseptic before your surgery, but the antiseptic can work better if your skin is clean.

To cleanse your skin prior to surgery, your surgeon has asked that you shower with the antibacterial soap agent called BactoShield®. It contains chlorhexidine gluconate (CHG). If you have a known allergy to this agent (also called Hibiclens®) you should not use this soap and inform your surgeon or nurse. In this instance, you should use Dial™ or Safeguard™ soap.

### Instructions for Use

- For best results, you should shower both the evening before and day of your surgery. There is enough soap in the 4oz. Bottle to shower two times.
- Do not shave the area of your body where your surgery will be performed.
- With each shower or bath, wash your hair as usual with your normal shampoo.
- Apply the BactoShield® soap ONLY FROM THE NECK DOWN.
- Use gentle friction with a washcloth or soft sponge to aid in dirt removal, however, rough scrub brushes and harsh scrubbing should be avoided.
- Special attention should be paid to your neck, under arms, breasts, feet, groin and skin fold regions. Thorough rinsing should follow soap application.
- Avoid getting the soap in your eyes, ears and mouth.
- Do not shampoo with the soap.
- Any leftover soap after the second shower should be discarded.
- Wear clean clothes the day of your surgery.

After your shower on the day of surgery, do not put anything on your skin or hair, including: makeup, lotion, powder, hairspray, perfumes, aftershave, deodorant, or antiperspirant.