

PRE-SURGERY SHOWER INSTRUCTIONS

Objective of Pre-surgical Showering:

The objective of pre-surgical showering (decolonization) is to decrease the bacterial load on the body, as an intervention for preventing or reducing the risk of developing a surgical site infections (SSI's) during or after surgery.

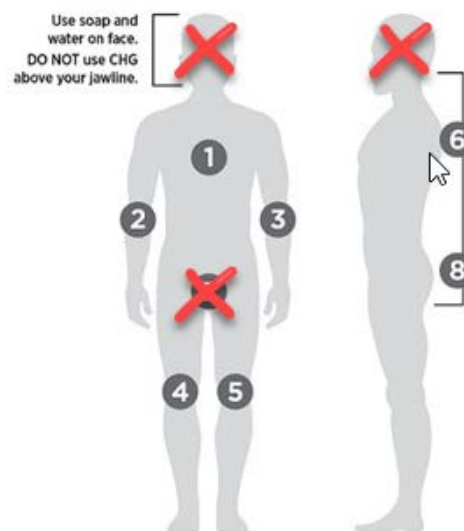
Patients colonized with S aureus have a two- to nine-fold increased risk for developing an SSI compared to patients not colonized with S aureus. Eighty percent of S aureus SSIs can be attributed to the patient's own bacteria.

HIBICLENS Showers:

- The night before surgery -- AND --
- The morning of surgery

Showering Instructions:

1. Wash your hair and body using your regular soap and shampoo. (Do not use alcohol based hair or skin products)
2. Thoroughly rinse your body with warm water from the neck down.
3. TURN OFF THE WATER; apply a capful of Hibiclens to a clean cloth or new sponge. Wash your skin from the neck down for 5 minutes. Pay special attention to the area that will be operated on. AVOID the face and genitalia.
4. Turn the water back on. Rinse thoroughly with warm water. Do not scrub the soap off your skin. Do not use your regular soap after applying and rinsing with Hibiclens. Do not vigorously scrub skin, may cause skin irritation.
5. Dry off with a clean towel.
6. Do not apply lotion, deodorant, alcohol based hair or skin products, cosmetics, powders or perfumes.



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7. The night before surgery, wear clean pajamas and sleep in clean bed linen. If you sleep with another person, have them bathe using their regular soap and wear clean pajamas to bed. Avoid sleeping with pets.
8. The next morning, repeat process above. Replace sponge or wash cloth with a clean one. Use a clean towel to dry off. Dress in warm clothes and do not apply lotion, deodorant, powders, perfumes or makeup.
9. Finger and toe nails should be clean and natural without artificial nail surfaces or polish.

Remember, when using Hibiclens:

- Don't use Hibiclens on infants younger than two months old.
- Don't use Hibiclens if you're allergic to chlorhexidine.
- Don't use Hibiclens on your eyes, ears, mouth, and genital area or on deep wounds. If you have a wound and aren't sure if you should use Hibiclens on it, ask your doctor or nurse.
- Don't use regular soap, lotion, cream, powder or deodorant after washing with Hibiclens.
- If you have an allergic reaction when using Hibiclens, stop using it and call your doctor.

Allergic to Chlorhexidine? Severe irritation or allergic skin reaction?

- Perform "Showering Instructions" using regular or antimicrobial soap.

What can I do if I am unable to pick up the hibiclens from my provider?

- Hibiclens can be purchased from most drug/pharmacy stores, such as:
 - Bartell Drugs
 - Rite Aid
 - Target
 - Walgreens
 - CVS Pharmacy
- **Coupon Available:** <https://hibiclens.com/where-to-buy/>