



The Surgical Institute  
at True North

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# Hibiclens Instructions

Before surgery, you can play an important role in your healthcare. Because skin is not sterile, you can reduce the number of germs on your skin by carefully washing before surgery.

## **Bathing Instructions**

-With a clean washcloth and a clean towel each time, shower the morning before surgery, the night before surgery, and the morning of surgery.

-With each shower, wash and rinse your hair first using your normal shampoo. Make sure you completely rinse the shampoo from your hair and body.

-Apply the antiseptic soap solution (Hibiclens) to a clean wet washcloth and lather your entire body from the neck down. Never use the antiseptic soap solution near your eyes. Turn off the water or step away from the water spray to avoid rinsing the soap solution off. Gently wash your body and focus the scrub on the areas where the incision(s) will be located for about 3 minutes. Avoid scrubbing your skin too hard.

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

-Do not wash with regular soap after you have used the antiseptic soap solution.

-Pat yourself dry with a clean, freshly washed towel. DO NOT apply any powders, deodorants, or lotions. Dress in freshly washed clothes.