

Preparing your skin for surgery



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Chlorhexidine soap

We have provided you with Chlorhexidine soap to wash your body before surgery. This soap helps reduce the risk of infection in wounds and your bloodstream. It will also reduce the risk of infection from bacteria that is resistant to medicine.



When to wash before surgery

Please shower and wash your entire body the night before and morning of your surgery.

The night before your surgery, after showering, put on clean sleepwear and make your bed with clean sheets.

The morning of surgery, after showering, dress in clean clothes. **Do not apply deodorant, body lotion or powder.**

How to wash using Chlorhexidine soap

1. In the shower, wet your entire body including your hair. Turn the water off.
2. Apply a small amount of chlorhexidine soap to your wet hair. Lather well then leave the soap in for 3 minutes. Rinse with your eyes closed. Do not use conditioner.
3. Apply a small amount of chlorhexidine soap, undiluted, to your face. Keep your eyes shut tightly. Pay special attention to clean your nose area. Rinse with water.
4. Use the disposable washcloths to rub chlorhexidine soap over your entire body. Start from the top and work your way down., Pay particular attention to all skin folds, crevices, arm pits, genital area and naval. Leave for 3 minutes.
5. Rinse your entire body.
6. Dry yourself with a freshly washed towel starting from the top of your body and work your way down to your toes.
7. Put on freshly washed clothes.

Do not remove body hair with hair removal creams or a razor, as this can damage your skin and increase the risk of infection.