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Oconee Memorial Hospital

## Preparing Your Skin for Surgery

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This sheet contains instructions on how to use Hibiclens® soap to properly clean your skin before your surgery.

### Instructions for Pre-surgical Showering

It is important to follow these instructions for cleaning your skin before your surgery in order to prevent surgical site infections. Beginning three nights prior to your surgery (five nights for total joint surgeries), you are to shower following the steps outlined here using these items:

- Soap
- Shampoo
- Hibiclens
- Two clean washcloths
- Clean towel

1. Shower using your regular shampoo, soap and a clean washcloth.
2. Thoroughly rinse your hair and body with warm water to remove all shampoo and soap.
3. After rinsing, wet the second clean washcloth and either step out of the flow of the water or turn the water off. Using half of the 4-ounce bottle of Hibiclens or 45 pumps of the 16-ounce bottle, wash your body for three minutes. DO NOT apply Hibiclens to the head, face, ears or genitals. Rinse thoroughly with warm water. Pat dry with a fresh, clean towel and dress in fresh, clean clothes.
4. DO NOT shave the area where your surgical incision will be. Shaving increases your risk of developing a post-op infection. The surgical area will be clipped with special clippers at the hospital before you are taken into the operating room.
5. After the second shower, use clean sheets and pillow cases to prevent any bacteria or germs killed by the Hibiclens soap from getting back on your skin.
6. DO NOT apply any lotions, deodorants, powders or perfumes.
7. DO NOT apply Hibiclens to children 12 years old or younger.