



Dr. Samuel Koo

Pre-Operative Bathing Instructions

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

Please follow these instructions:

Important: You will need to shower with a special soap called chlorhexidine gluconate or (CHG). A common brand name for this soap is Hibiclens. You will only need a small bottle which is about 4 ounces. This should last for three showers.

Bathing Instructions:

- You will need to take 3 CHG showers. The first shower is 2 days before surgery, the next one the night before surgery and the last one the morning of surgery.
- With each shower, wash your hair as usual with your normal shampoo. Rinse your hair and body thoroughly afterwards to remove any residue.
- Do not shave the area of your body where surgery will be performed. If shaving is needed, this will be done by us the day of surgery.
- Turn off the water before you start applying the CHG soap to prevent any of it rinsing off too soon. Apply the CHG to your entire body from the jaw down. Do not get the soap in your eyes, ears, nose, mouth or genital area. Wash thoroughly but gently for 5 minutes, paying special attention to the shoulder, neck and armpit on the side you will be having surgery. Do not scrub your skin too hard. Do not wash afterwards with your regular soap after using the CHG. Turn the water back on and rinse your body well.
- Pat yourself dry with a clean, soft towel after each shower. Then, put on clean clothes or pajamas and sleep on freshly laundered bed linens. Do not apply any lotions, perfumes or powders after using CHG the day of surgery.
- If you have an allergy to chlorhexidine, complete the above process using a antimicrobial soap such as dial instead of the CHG.