

## INSTRUCTIONS FOR

# Bathing Before Surgery

**PLEASE READ THE INSTRUCTIONS BEFORE YOU SHOWER.**

### CLEANSE YOUR SKIN

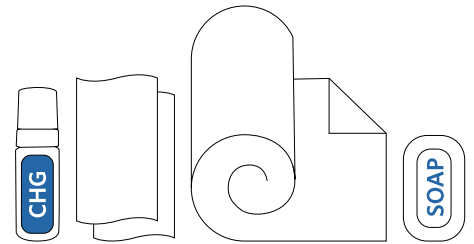
Your surgeon suggests you cleanse your skin with 4% chlorhexidine gluconate (CHG) before surgery. This is a chemical found in soaps like Hibiclens. Gather and/or buy all of your supplies before showering. CHG soap is sold at City of Hope's outpatient pharmacy and other large drug stores. If you have an allergy to CHG please ask your nurse for an alternative soap to use. **Please read the instructions before you shower.**

Supplies needed for your shower/bath:

- One bottle of 4% CHG antiseptic soap
- Two clean washcloths
- One clean, dry towel
- Regular soap to wash your face

### SHOWER/BATH NIGHT BEFORE SURGERY

1. Shampoo and rinse your hair using regular shampoo.
2. Wash your face with regular soap or cleanser and rinse.
3. With the first clean washcloth, wash your surgical site first, then the rest of your body with CHG soap and leave on for two minutes before rinsing with clean water.
  - a. If your surgical site is on your face or genital zone, wash with normal soap and rinse with clean water.
  - b. **NEVER** use CHG soap on your face or genital zone.
4. You can use CHG soap from the neck down.
5. With the second clean washcloth, rewash the surgical site only with CHG, leave for two minutes and rinse with clean water.
6. Dry your surgical site first, then the rest of your body. Do not redry the surgical site with the same towel.



### SHOWER/BATH MORNING BEFORE SURGERY

- Repeat the above steps from "NIGHT BEFORE SURGERY."
- After your second shower/bath, do not put on any lotion, powder, deodorant, perfume, makeup or hair products.
- Please make sure your hair is fully dry before arriving at the hospital.
- Put on clean, dry, loose clothes that are easy to take off and put on.
- Remove all jewelry and body piercings.

### MORE INFORMATION

Contact City of Hope for any questions or concerns at **800-826-HOPE (4673)**, Monday to Friday, 8 a.m. to 4:30 p.m. After hours and on weekends, call the Nurse Triage Center at **626-218-7133**. Call the City of Hope Pharmacy at **626-301-8304**.