

PATIENT EDUCATION

How to Cleanse Your Skin for Your Safety

IF YOU CAN SHOWER:

First, cleanse your hair.

1. Use your normal shampoo.
2. Rinse hair and head well so that no shampoo is left.

Next, cleanse your face.

1. Wash your face with your normal soap or water only.
2. Rinse your face very well.

Last, cleanse your body.

1. Use water to rinse your body fully from your neck down to your feet.
2. Pump the Hibiclens onto your skin or a wet washcloth, and wipe gently. Do not use it on your face.
3. Move away from the shower stream when wiping on the Hibiclens.
4. Rinse well with water.
5. Dry your skin with a clean towel.
6. Do not use other soaps, lotions, creams, deodorants, powders or perfumes after using Hibiclens.
(Ask the staff for skin lotion that is OK to use with Hibiclens, if needed.)



Hibiclens works for about 24 hours, so you must clean your skin EVERY DAY.

As an inpatient, you are at high risk for getting a bloodstream infection.

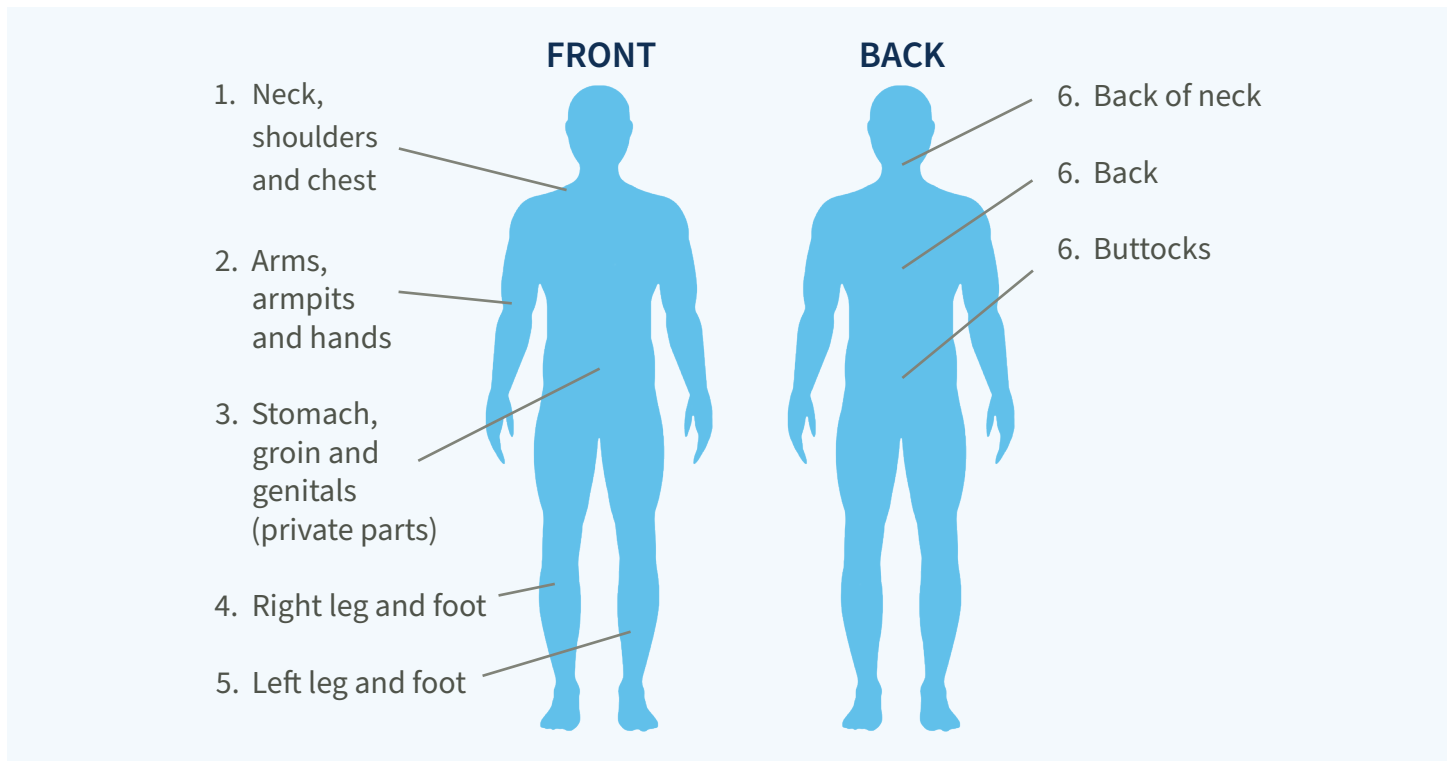
Cleansing your skin with special soap that kills germs and bacteria can keep you from getting an infection. This is called skin decolonization.

If you have questions about bath wipes, the reasons why they are part of your care or other ways we can work together to prevent infection, please talk to your nurse and care team.

IF YOU CANNOT SHOWER:

You will need:

- Special bathing cloths (HUBS-HIBI Universal Bathing System)
 - Special soap (Hibiclens)
 - Clean, dry towel
1. Open the HUBS pack to add 16 to 20 oz (2 to 2.5 cups) of warm water, and close the pack to soak the cloths.
 2. Remove a wet cloth from the HUBS pack, and pump Hibiclens foam onto it.
 3. Use a new cloth for each area (one through six). Clean in the order shown below.



4. Use the rest of the HUBS cloths to wipe foam off.
5. Pat your skin dry with the towel.
6. Ask the staff for skin lotion, if needed.

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