

Infection Prevention: Preparing Your Skin for Surgery



It is important to prepare your skin before surgery to help prevent post-surgical infections. Medical literature shows that most post-operative infections come from the microbes that normally live on our skin. These stepwise instructions and video show you how to prepare your skin with a special antiseptic soap, Hibiclens® (or the generic is chlorhexadine gluconate 4%). The goal of this process is to reduce the amount of microbes on your skin prior to surgery to help reduce the chance of post-op infection.



The fight against infection begins at home.
View Skin Prep Video at bch.org/skinprep

Guide to Skin Cleansing at Home

Prepare your skin by taking a whole-body shower with Hibiclens every day starting THREE DAYS prior to your surgery and on the DAY OF your surgery.

Date to start preparing your skin: _____

Date of Surgery: _____

Skin Prep Checklist:

As you complete this process each day, check off that you completed and either take picture of this form or bring this paper on the day of your surgery.

Day 1:

Day 2:

Day 3:

Day of Procedure:

Before you bathe or shower:

- Gather Hibiclens, clean towels and washcloths to make them easy for your to access.
- Review any additional instructions given to you by your healthcare practitioner prior to starting your skin cleansing protocol.
- Carefully read all directions and warnings on the product label.

When you bathe or shower:

Hair:

- Wash your hair at least ONE DAY PRIOR to surgery with your regular shampoo.
- Thoroughly rinse hair and body to remove any shampoo residue.
- You are getting brain surgery and should wash your hair with Hibiclens with the same schedule as the face and body.

Face and Body:

- Stand under the shower using WARM (not hot) water and wet your entire body.
- Apply Hibiclens directly on your skin or on a clean wet washcloth and wash gently.
- Lather Hibiclens soap over your ENTIRE body including chest, back, arms, legs, feet, neck and face. It is okay to work in sections. Take care to not get the soap in your eyes
- Your provider is recommending particular focus on cleansing of this area: _____
- Move away from the shower stream to let Hibiclens sit on your skin for at least 2-3 minutes before rinsing off. This is important to allow this special soap to work.
- **DO NOT** use your regular soap after applying and rinsing Hibiclens.
- Dry off with a clean towel.

Avoid:

- **DO NOT SHAVE** near where you are having surgery starting FIVE days prior to your surgery.
- **DO NOT APPLY LOTIONS** or perfumes to your skin after this process.
- You are getting a surgery in which you should NOT apply deodorant the day prior to surgery.

Teeth:

- Brush your teeth twice daily with your regular toothpaste.