



erlanger

Department of Orthopedics

Pre-Surgery Shower Instructions

Preventing Infections:

You play a vital role in your own health and can prevent infections prior to surgery. Skin is not sterile. By washing with special liquid soap, Chlorhexidine Gluconate (CHG) or Hibiclens® - ordered by your doctor - you can reduce the number of germs on your skin.

DO NOT USE if allergic to Chlorhexidine.

Prior to beginning the pre-surgery shower regimen, please refer to the product label for general product information, including possible contraindications.

Instructions:

1. The night before surgery and the morning of surgery, wash with the prescribed liquid soap.
2. Wash with the soap **ONLY** from the neck down. **DO NOT** use the product near your eyes or ears to avoid serious injury. Wash for **FIVE MINUTES** and rinse thoroughly.
3. Do not wash with your regular soap after using the prescribed soap.
4. **DO NOT USE A RAZOR TO SHAVE** the area of your body where your surgery will be performed.
5. Pat yourself dry with a clean towel.

WARNING: This soap can be slippery.

If the special liquid soap is not provided to you, it can be purchased at most major pharmacies. Contact your pharmacy to make sure they have it in stock. Ask for Chlorexidine gluconate or Hibiclens® liquid soap.



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Items to bring for your stay:

- Under shorts/underpants, or if desired, loose fitting clothing such as shorts, t-shirts, sweats, pajamas or a **short** bathrobe.
 - Eyeglasses, hearing aids if you use them at home
 - Any braces or orthotics you currently use at home
 - C-Pap machine if used at home
 - Personal toiletries
 - Shoes and sweat suit/loose fitting clothing for going home
- *These may be brought in at a later date if you wish.

Please leave valuables at home