

Preoperative Hibiclens bathing instructions

Before surgery, we would like to make sure that your skin is as free of germs as possible. You can reduce the number of germs on your skin by carefully washing with a special soap called Chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens but any brand is acceptable to use.

DO NOT USE THIS IF YOU ARE ALLERGIC TO CHLORHEXIDINE!

Shower or bathe with CHG three times per week for two weeks before your surgery and the morning of your surgery. Do not shave the area of your body where your surgery will be performed.

Wash your hair as usual with your normal shampoo.

Rinse your hair and body thoroughly after you shampoo your hair to remove the shampoo residue.

Then apply the CHG soap to your entire body from the neck down, **do not use near your eyes, ears or genital area**-use your regular soap on these areas. Wash thoroughly, paying special attention to the area where your surgery will be performed.

Turn the water off to prevent rinsing the soap off too soon. Wash your body gently for 5 minutes. Do not scrub your skin too hard. Do not wash with your regular soap after the CHG is used.

Turn the water back on and rinse your body thoroughly. Do not apply lotion, powder or perfume.

Pat yourself dry with a clean, soft towel.

CHG soap can be purchased at most pharmacies including CVS, Rite-Aid and Walgreens. Inquire at the pharmacy counter if you need help.

Bactroban (Mupirocin) Nasal Ointment instructions

Wash your hand with soap and water before and after use of this medicine.

Apply small amount of the ointment to a clean qtip then apply into the nostril on one side of your nose then using a clean qtip apply to the other nostril.

Close your nostrils by pressing the sides of the nose together and then releasing them. Do this over and over again for approximately 1 minute. You may also press the sides of the nose together and gently massage the nose. This will help distribute the medicine throughout the inside of the nose.

Use twice daily (morning and evening) for 5 days. The final use will be the morning of your surgery.