

# Pre-Op Scrub Instructions

DATE: \_\_\_\_\_

*Follow these instructions only if specifically told to do so.*

- The night before your surgery, you need to do a pre-op wash of your body from the neck down with a special soap called chlorhexidine.
- The wash may be done in the shower after using your usual soap and shampoo.
- Showering with the surgical wash is very important to reduce the risk of a surgical site infection. The night before surgery, take a shower as usual and wash your hair. At the end of the shower, use the wash (chlorhexidine) for 5 minutes to gently cleanse your body. Rinse off and towel dry. Do not use lotions or oils. Do not shave. Put on freshly washed clothing, and sleep in freshly washed bedding. Do not use hair products such as mousse or hair spray. Do not use makeup or perfumes. Remove all nail polish and jewelry.
- Do not touch your face, eyes or ears, or actively wash your genitals while using the pre-op wash.
- It is important that you do this the night before your surgery. The special soap in this wash will stay on your skin after it is rinsed off and continue to kill bacteria in the lower layers of the skin throughout the night while you sleep.

## IMPORTANT:

- **DO NOT** use Chlorhexidine if you are sensitive or allergic to it.
- **DO NOT** use Chlorhexidine on your face. It is not safe for your eyes or ears.
- Go back to using your usual soap if your skin is irritated by the chlorhexidine.
- **DO NOT** use lotion or powder after your shower.
- Do not shave the hair at your surgical site for 5 days before surgery.