



Pre-Operative Showering Instructions

To cleanse your skin prior to surgery you will be asked to shower with an antibacterial soap agent given to you at the pre-op clinic. Because your skin is not sterile, it is important that your skin is as clean as possible before surgery.

Instructions for use:

- For best results you should shower both the evening before and the day of your surgery. Use the soap given to you at the pre-op clinic for both of these showers.
- DO NOT shave the area of your body where the surgery will be performed.
- With each shower or bath, wash your hair as usual with your normal shampoo.
- Apply the soap ONLY FROM THE NECK DOWN. DO NOT PUT IN YOUR VAGINA.
- Use gentle friction with a washcloth or soft sponge to aid in dirt removal, however, rough scrub brushes and harsh scrubbing should be avoided.
- Special attention should be paid to your neck, under arms, breasts, feet, groin, and skin fold regions. Thorough rinsing should follow soap application.
- Avoid getting soap in your eyes, ears and mouth.
- Do no shampoo with the soap.
- Any leftover soap after the second shower should be discarded.
- Do no use lotion, cream or powders afterwards.
- Wear clean clothes the day of surgery.

For medical questions please call nurse G at 907-263-1008.