

Instructions on Pre-Operative Skin Preparation



ANY QUESTIONS REGARDING
THIS PROCEDURE, PLEASE
DO NOT HESITATE TO CALL
THE INFECTION CONTROL
DEPARTMENT AT
410-337-1396.

† CATHOLIC HEALTH
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PREPARING THE SKIN BEFORE SURGERY:

Preparing or “prepping” skin before surgery can greatly reduce the risk of infection at the surgical site. The skin prep, “Hibiclens” may be purchased at any local pharmacy. It is necessary to purchase the 4 ounce bottle, ensuring the main active ingredient is “Chlorhexidine Gluconate.” Please follow the steps provided to ensure your skin is properly cleansed.

NIGHT BEFORE AND MORNING OF SURGERY:

Skin must be prepped on the **night before surgery** (approx. 7 p.m.) at your home. Skin must be prepped again at home on the **morning of surgery**. Use half of the bottle each time you shower.

- In the shower, wet skin and with a freshly clean wash cloth, apply cleansing solution liberally. Lather the entire body from the neck down.
- Once entire body has been cleansed; be sure to scrub surgical site(s) thoroughly for at least an additional 2 minutes. Wipe each area in a back-and-forth motion to adequately clean.
- Rinse thoroughly.
- Once dry, dress in clean clothes or sleepwear.
- It is normal for the skin to temporarily feel “sticky” for several minutes after the antiseptic solution is used.

****WARNING****

- **Do not** use if you are allergic to chlorhexidine gluconate or any other ingredients in the preparation. If so, shower with antibacterial soap in the same manner.
- **Do not** allow this product to come in contact with your eyes, ears, mouth, genital area, or open wounds.
- **Do not** apply any soaps, lotions, powder, deodorant, perfumes, moisturizers or makeup after prepping.
- Chlorhexidine gluconate is absorbed by cotton washcloths and may cause discoloration.

PLEASE REMEMBER

- **Do not** shave any body parts from the neck down (ex. legs, under arms, genital area).
- Wear freshly laundered sleepwear and sleep on freshly laundered sheets.
- Wear freshly laundered clothes to the hospital.