

Pre-Operative Hibiclens at Home Shower Instructions

Before surgery you can play an important part in your health. Anna Jaques is committed to preventing surgical infections. You can lower the risk of an infection using the Hibiclens shower to reduce the number of germs on your skin. Following these instructions will help you to be sure that your skin is clean before surgery.

You will need to shower twice with an antiseptic soap called Hibiclens, once the evening before and again just prior to reporting to the hospital for surgery. Please follow these instructions:

- If you choose to wash your hair, make sure you completely rinse the shampoo from your hair and body before using the Hibiclens.
 - For abdominal surgery, cleaning of the belly button with a *Q-Tip* is appropriate
1. Be sure your entire body is wet, and move away from the water spray to avoid rinsing the Hibiclens soap off your body.
 2. Apply the Hibiclens soap to a freshly laundered washcloth. Lather and wash your entire body from the neck down.
NOTE: Never use the Hibiclens soap near your eyes, in your ears or mouth. Wash groin area using caution around the genital area. Do not internally wash the vaginal area.
 3. Go over the area(s) where your incision(s) will be located for two minutes using a circular motion with the wash cloth.
NOTE: Avoid scrubbing your skin too hard.
 4. After two minutes rinse the Hibiclens soap off your body completely. Then pat yourself dry with a freshly laundered towel.
 5. Take another shower following the same steps “1 through 4” just prior to reporting to the hospital the day of your surgery.
NOTE: One 4-ounce Hibiclens bottle should be divided equally between the two showers.
 6. **DO NOT** wash with regular soap after you have used the Hibiclens soap.
 7. **DO NOT** shave any areas where surgery will be performed.
 8. **DO NOT** apply any powders, deodorants or lotions.
 9. Dress with freshly laundered clothes.



Hibiclens can be purchased at all



& Daniel L. Lynch Pharmacy
Newburyport MA