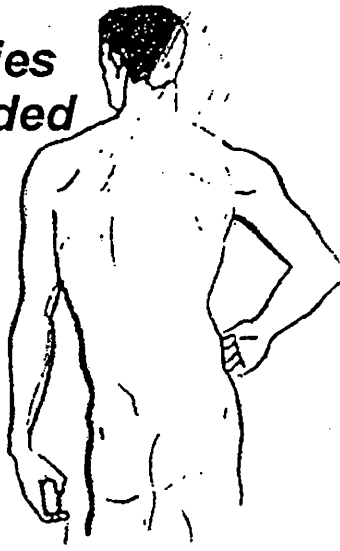


## Patient Guidelines

# Skin Preparation for Surgery & Diagnostic Treatment

- **Supplies needed**
- **Why**
- **When**
- **How**

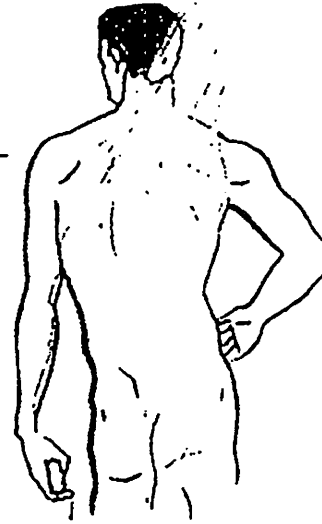


## Antibacterial shower or bath the night before & morning of your surgery

You need to buy  
2 sterile  
Chlorhexidine 4%  
scrub sponges

### WHY?

Germ on the skin  
must be removed to  
prevent infection and  
promote wound  
healing.



### WHEN?

Two times before surgery:  
the evening before and the morning of your surgery.

Read all the following instructions  
before starting.

### HOW?

Do not shave surgical site.

**Step 1** Wash your entire  
body and hair with the soap  
and shampoo usually used  
at home.

**Step 2** Rinse.

**Step 3** Open one surgical sponge.

**Step 4** Squeeze to produce a lather.

**Step 5** Wash body from neck to feet. Keep  
suds from rinsing off skin for 5 minutes.

Do not wash your head, hair or face with  
surgical sponge.

Clean carefully:

- surgical area
- navel (belly button)
- under arms
- do not forget to  
wash your back



feet and  
in-  
between  
toes



**Step 6** Finish with your  
genital and anal regions.

Take time to rinse all areas well.

Remember to repeat with second surgical  
scrub sponge the morning of your surgery.

