



**SOUND SURGEONS**  
SURGERY CENTER

# SKIN PREPARATION FOR ALL SURGICAL PATIENTS

## Before Surgery...

Your entire body must be thoroughly cleaned with a special soap in order to decrease the amount of germs on the skin and reduce the chance of getting an infection.

The following instructions describe how your surgeon wants you to prepare for surgery. Your nearest drug store should have **Chlorhexidine Gluconate Solution 4% (Hibiclens)**.

**Use at least 2 oz per shower** for your Skin Prep at Sound Surgeons Surgery Center (if you are having surgery at a hospital you will receive direction from the hospital).

## Special Instructions for the Skin Preparation

**AFTER SHOWER**

- 1 NO LOTIONS
- 2 NO POWDERS
- 3 NO CREAMS
- 4 NO HAIR PRODUCTS
- 5 NO VASELINES
- 6 NO OIL
- 7 NO MAKEUP

No hair removal of any kind 24 hours prior to surgery. This includes shaving, waxing or chemical hair removal.



### THE FIRST SHOWER

The evening before surgery, take a shower and wash your entire body, including your hair and scalp, in the following manner:

- Wash your hair using normal shampoo.
  - *Make sure you rinse the shampoo from your hair and body.*
- Wash your face with your regular soap or facial cleanser.
- Using a clean fresh washcloth and 2 oz of the Hibiclens.
  - *Wash from your neck down.*
- Rinse your body very thoroughly.
- Using a clean fresh towel, dry your body.
- Dress in freshly washed clothes.
- Fresh clean sheets and pillow cases should be used after this shower.

### CAUTION

**DO NOT USE** Hibiclens (CHG soap) **ON YOUR HEAD OR FACE.**

Avoid getting Hibiclens in your eyes. Flush with water if Hibiclens does get into your eyes.

### THE SECOND SHOWER

On the day of surgery you will need to repeat the shower in the following manner:

- Wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body.
- Wash your face with your regular soap or facial cleanser.
- Using a clean fresh washcloth and the Hibiclens.
  - *Wash from your neck down.*
- Rinse your body very thoroughly.
- Using a clean fresh towel, dry your body.
- Dress with freshly washed clothes.

### UNDERARM DEODORANT

May be used but it must **NOT** contain powder.

*If you have any questions, please call us @ 425.224.8250 and ask to speak to a Surgery Staff Member.*