

Preparing for your procedure

Preventing Infections by Keeping Your Skin Clean

Why is it important to keep my skin clean?

- Germs on your skin are a common cause of infections that may occur while you are in the hospital.
- Some germs live on your skin naturally while other germs come from the hands of people around you (family, visitors and staff).

What can I do to keep my skin clean before my procedure?

- Washing your skin with a special soap called Hibiclens will help keep your skin as germ free as possible.
- This soap contains chlorhexidine gluconate (CHG).
- CHG attaches to your skin and keeps killing germs even after you have rinsed it off.

How should I wash with Hibiclens?

- It is important to wash with Hibiclens before your procedure as instructed by your doctor.
- You should clean all your skin from the neck down with Hibiclens.

How does Hibiclens work?

- Hibiclens is a skin soap that kills germs.
- Just like soap, do not get Hibiclens in your eyes, ears or mouth.
- Hibiclens is for external use only.

Can I use my normal brand of lotion?

- No. Some brands may cause the CHG to be less effective in preventing infections.

Be Careful:

- Do not use Hibiclens if you are allergic to (CHG).
- If you do get Hibiclens on your face, head or private parts, rinse with cold water and tell the staff.
- If you have **itching, burning or redness** after you wash with Hibiclens, **stop** using it and tell your nurse or doctor.
- Keep Hibiclens out of reach of children.



The directions on the next page will help you wash with Hibiclens correctly.

Bathing with Hibiclens



When you bathe or shower:

1. Wash and rinse your hair with shampoo as you normally do. **Do not use Hibiclens on your head.**
2. Wash face with plain soap or water. **Do not use Hibiclens on your face.**
3. Wash your genital area (vagina or penis) with plain soap and water.
4. Apply the Hibiclens onto your skin or a clean washcloth. Wash your body from the neck down, include the underarm. (Use enough Hibiclens to cover your body)
5. If there is a place on your body that you cannot reach—like the back of your neck, your back, or legs) ask family for help.
6. Rinse body completely. Just like soap, Hibiclens should be rinsed off the skin.
7. Dry off with a clean, dry towel.

After you bathe or shower:

- Do not use any lotions.
- Put on clean clothes.
- Put clean sheets and pillowcases on your bed.