



AESTHETIC FACIAL BODY PLASTIC SURGERY
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Preoperative Surgery Showers

- You can play an important role in decreasing the risk of infection by showering the evening before and the morning of surgery. It is important to gently cleanse your skin before surgery to reduce the risk of infection at the surgery site. You can purchase a bottle of Chlorhexidine Gluconate (CHG) antiseptic solution for your preoperative surgery showers.

Shower instructions:

- Wash and rinse your hair with normal shampoo and completely rinse, then dry. Do not use any products in your hair after.
- Wet your skin in the shower and turn off the water, using the chlorhexidine solution and a wet washcloth, apply a quarter of a cup of chlorhexidine soap to the washcloth, gently lather your entire body. Let the lather remain in contact with your skin for a minimum of 15-20 seconds, rinse well and do not rewash with regular soap.
- Avoid chlorhexidine soap in your eyes, ears, mouth or nose. If the chlorhexidine does get into these areas, rinse well with water.
- You can also mix 1 part chlorhexidine with 2 parts of your regular shampoo or baby shampoo to wash your hair as well.

After you shower:

- Pat yourself dry with a clean towel, and dress in clean clothes.
- After each shower, do not apply lotions, perfumes, hair products or makeup.

Chlorohexidine is the active ingredient in Hibiclens and can be purchased at walgreens (<http://www.walgreens.com/store/c/hibiclens-antiseptic/antimicrobial-skin-cleanser-liquid/ID=prod6186406-product>), Target, and Amazon.

You can purchase Chlorhexidine at most local pharmacies, if you have any questions please contact us.

