

Showering before surgery

EMORY
HEALTHCARE

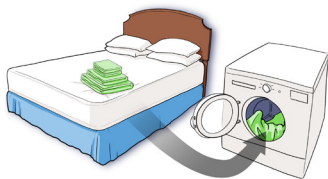
Allergic to Chlorhexidine?

Very sensitive skin? Talk to your nurse or doctor about alternative showering instructions.

View the ComeClean video at
emoryhealthcare.org/ComeClean



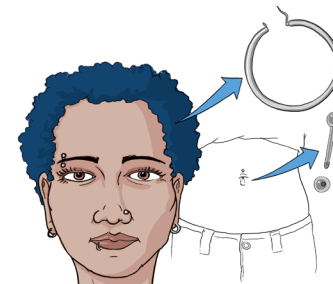
Before shower



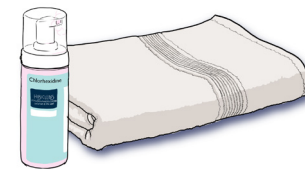
Prepare:
Clean bedding
Clean clothes to sleep in
Clean clothes to wear tomorrow



Do **not** shave anywhere on your body or face for 24 hours prior to surgery.

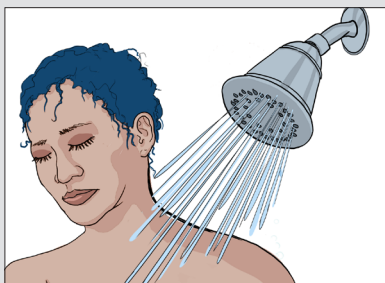


Remove:
Jewelry and body piercings. Leave them off until after your surgery.

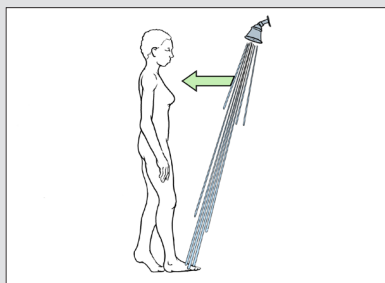


Gather:
Clean towel
Chlorhexidine bottle

In the shower



1 Rinse your body with water.
Do **not** shave.



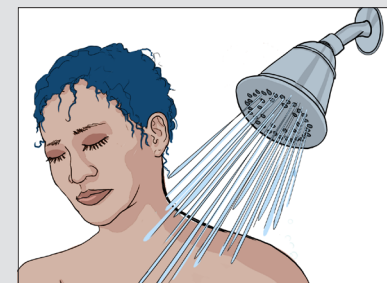
2 Step back from the water. If your shower does not have enough room to step back, turn the water off.



3 From your neck down, apply just enough chlorhexidine soap to cover your body.
Avoid: face, eyes, ears, genitals.



4 Do **not** bathe again with regular soap from now until after your surgery.



5 Step back into the water and let it gently rinse the chlorhexidine from your body.

Shower night before + morning of surgery

After Shower



Get out of the shower and pat dry with a clean towel.



Do **not** use any deodorants, perfumes, colognes, powders, or lotions until after your surgery.



It is best to sleep in clean bedding and to shower this way the morning of surgery. No pets in the bed.



Dress in freshly washed clothing.