



PERIOPERATIVE TELEHEALTH EVALUATIONS

PRE-SURGICAL SKIN CLEANSING INSTRUCTIONS

Preoperative skin cleansing is commonly recommended to help reduce bacteria on the skin prior to surgery. Follow your surgeon's specific instructions if they differ from those below.

When to Cleanse Your Skin

- The night before surgery
- The morning of surgery (if instructed)

How to Cleanse Your Skin (Shower Instructions)

- 1 Shower as you normally would using your regular shampoo and soap. Rinse thoroughly.
- 2 Turn off the water to prevent rinsing the cleanser too quickly.
- 3 Apply the chlorhexidine cleanser (Hibiclens® or equivalent) to your body using your hands.
- 4 Wash from the neck down only. Gently cleanse the surgical area and surrounding skin for 2–3 minutes.
- 5 Do not apply the cleanser to your face, eyes, ears, mouth, or genital area.
- 6 Turn the water back on and rinse thoroughly.
- 7 Pat dry with a clean towel. Do not apply lotions, creams, powders, deodorants, or perfumes.

If You Are Unable to Shower

If instructed to use chlorhexidine cleansing cloths, cleanse the surgical area and surrounding skin as directed. Allow the skin to air dry completely. Do not rinse.

Important Safety Information

- For external use only.
- Do not use on the face, eyes, ears, mouth, or genital area.
- Do not use on open wounds unless instructed.
- Stop use and notify your healthcare provider if irritation, rash, or burning occurs.
- Avoid contact with clothing until skin is completely dry.

Disclaimer

This document is provided for educational purposes only and does not replace medical advice. Always follow the instructions provided by your surgeon or healthcare provider.