

North Bay Regional Health Centre

Perioperative Services Preoperative Instructions Skin Cleansing Before Your Surgery

It is important that your skin be as free from germs as possible before surgery to prevent infection. To do this you need to **purchase 2 antiseptic sponge packages or bottles of SoluPrep™** (chlorhexidine gluconate (CHG) 2%, 4% or antibacterial soap). It is available at most local pharmacies.

Night Before Surgery

1. Remove **all** jewelry, watches and piercings.
2. Remove nail polish from hands and feet.
3. Take a shower or bath and wash hair and face with regular products.
4. If having a bath, drain and refill with fresh water.
5. Use **one** antiseptic sponge to **wash your body from your chin to your toes**
***Avoid your face*.**
6. Make sure you wash the area of your surgery then rinse the soap off.
7. Dry off with a clean towel.
8. **Do not** put any products on your skin after (no lotion, creams, body sprays, perfumes etc).
9. Dress in clean clothes.

Morning of Surgery

1. Repeat steps 3-9 from above.
2. You may wear your hearing aids, dentures, eyeglasses, and wigs to the hospital and the staff will remove as necessary.

Reminders

- Do not shave the area of your body you are having surgery.
- Keep the antiseptic sponge out of reach of children and pets at all times.
- RHC 425 Skin Cleansing Before Your Surgery - ENAvoid contact with your face and eyes.

Disclaimer:

*** This flyer contains general information which cannot be construed as specific advice to an individual patient. All statements in the flyer must be interpreted by your personal Physician or therapist who has the knowledge of the stage and the extent of your particular medical condition. Any reference throughout the document on specific pharmaceutical products does not imply endorsement of any of these products. Please visit our website at www.nbrhc.on.ca

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