



Preoperative Bathing Instructions for Breast Surgery

You will need to shower with a special soap called chlorhexidine gluconate. A common brand name for this soap is Hibiclens. The purpose of the Hibiclens (chlorhexidine gluconate) soap is to reduce the normal bacteria on your skin that may be a potential source of infection at the surgical site. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use.

Please follow the instructions below:

1. Shower or bathe the **night before** surgery using the soap that was provided to you by your plastic surgeon's office.
2. Please remove any body piercing jewelry prior to showering and leave it out until after your surgery.
3. You may shampoo/condition your hair and rinse thoroughly **prior** to use of chlorhexidine on the body.
4. Apply the chlorhexidine soap to your entire chest and abdomen **only from the neck down**. Do not use chlorhexidine on your face or genitals to avoid permanent injury to those areas. Wash thoroughly and pay special attention to the area where your surgery will be performed.
5. Turn water off to prevent rinsing the soap off too soon. Wash your body gently for five (5) minutes. Do not scrub your skin too hard.
6. Do not wash with your regular soap after chlorhexidine is used.
7. Turn the water back on and rinse your body thoroughly.
8. Pat yourself dry with a clean, soft towel.
9. **Do not** apply lotion, powder, deodorant, or perfume/aftershave of any kind on the skin after bathing with chlorhexidine.

*****DO NOT USE IF YOU ARE ALLERGIC TO CHLORHEXIDINE*****

If for some reason you misplace the cleanser that was given to you, all large pharmacies/drug stores have this cleanser available. No prescription is required for purchase.

Please call your plastic surgeon's office if you have any questions or concerns.