At Shawnee Mission Medical Center, keeping you safe and free of infection is important to us. You can play a very important role in your health by preparing for surgery using the following shower instructions, which studies have shown can reduce the number of germs on your skin and therefore reduce the risk of post-operative infection. Because skin is not sterile, we need to be sure that your skin is as clean as possible. Your skin will be prepared with antiseptic before your surgery, but the antiseptic can work better if your skin is clean.

Please take three preoperative showers at the following times; the morning prior to the day of surgery; a shower the night prior to and the morning of your surgery with the provided 4% Chlorhexidine Gluconate (CHG) soap. (you will receive a bottle at our pre-surgery clinic or you can purchase at your local drug store, for example, Walgreens or CVS). Use 1/3 of the 4 oz. bottle for each shower. If you are allergic to Chlorhexidine Gluconate, please use a liquid antibacterial soap (Dial, Safeguard) instead.

**You will need for each shower:**
- 3 freshly laundered clean washcloths
- 2 freshly laundered clean towel
- 1/3 of a 4 oz. bottle of 4% Chlorhexidine Gluconate (CHG) soap; examples, Hibiclens, Bactoshield
- Your regular soap to wash your face
- Your regular shampoo to wash your hair

**The morning prior to the day of surgery: 1st Shower**
- Do not shave the area of your body where your surgery will be performed.
- Wash your hair as usual with your normal shampoo.
- Wash your face with your normal soap and your 1st clean washcloth
- With the 2nd clean washcloth and CHG soap, wash your surgical site. *If your surgical site is in your rectal or genital area, use a separate clean washcloth to wash and towel to dry the rest of your body.*
- Proceed to wash the rest of your body from the neck down with CHG soap. *Special attention should be paid to your neck, under arms, breasts, belly button, skin folds groin region and feet. A Q tip may help clean your belly button. Do not internally wash vagina.*
- Rinse off thoroughly
- With the 3rd clean washcloth, using a circular motion for two minutes, rewash the surgical site area only and rinse with clean water. *(Avoid scrubbing your skin too hard)*
- Dry your surgical site first and then the rest of your body and do not re-dry the surgical area with the towel after using it on other parts of your body. If you feel the need to dry your surgical site a second time, please use the 2nd clean towel.
The night prior to surgery: 2nd Shower

- Repeat the above process
- Do not apply any lotion, powder, deodorant, perfume, make up or hair products after shower.
- Place freshly laundered bed linens on your bed for your sleep the night before surgery and put on clean pajamas.
- Do not allow any pets to sleep in your bed.

The morning of surgery: 3rd Shower

- You must also remove all jewelry and body piercings.
- Repeat the above process
- Please make sure your hair is completely dry before arriving to the hospital.
- Do not apply any lotion, powder, deodorant, perfume, make up or hair products after shower.
- Put on clean, dry, non-binding clothes that are easy to take off and put back on.

If you have any questions, call the Pre-Surgery Clinic at 913-676-2247 or Ask A Nurse at 913-676-7777