

SHOWER INSTRUCTION BEFORE SURGERY

Please follow these shower instructions before your surgery. This can reduce the number of germs on your skin to reduce your risk of infection. Your skin will be prepared with antiseptic before surgery, but it will work better if your skin is clean.

Preparing for Surgery

- Buy **2 Chlorhexidine Gluconate (CHD) – 4% Scrub Sponges OR solution and sterile sponge/gauze** from one of the drug stores listed on the back of this sheet. If you are allergic to Chlorhexidine Gluconate (CHD), speak with your doctor.
- Take **TWO showers**, one on the **night before** surgery and another on the **morning of** surgery.
- Ask your doctor where your surgery incisions will be.

Shower Instructions

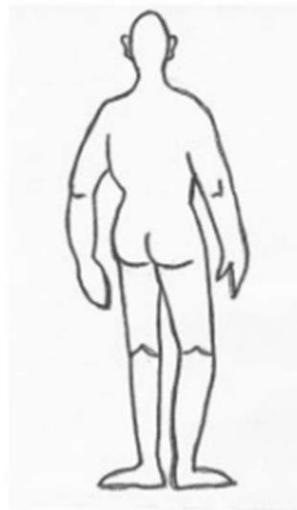
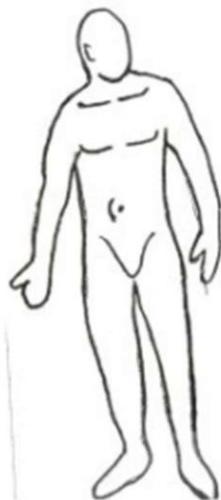
- **DO NOT use the CHD sponge near your eyes, ears, or mouth or vagina.**
- **DO NOT shave** your skin anywhere near where the surgical incision(s) will be located (i.e. armpits, groin, abdominal wall, legs) for 7 days before surgery.
- Remove all jewelry and body piercings. Clean your belly button thoroughly with Q-tips.
- Wash your hair using your normal shampoo and wash your body as you normally do.
- Completely rinse the shampoo from your hair and soap from your body before using the **CHD** sponge.
- Wet the **CHD** sponge and gently scrub the general areas where the **surgical incision(s) will be and surrounding area for 3 minutes.**
 - Hip surgery also scrub the groin area (inside thigh up to underwear line and to the knee) on the surgery side.
 - Breast surgery scrub neck to belly button and both arms including pits
 - Abdominal surgery scrub from neck down to knees.
- Leave the solution on your skin for at least 3 minutes.
- Make sure you turn the water off or move away from the water spray to **AVOID** rinsing off the **CHD** solution at this time
- Once you have completed your 3-minute surgical site scrub, turn the water on/move into the water spray and rinse the **CHD** solution off your body completely. **DO NOT** wash with regular soap after you have used the **CHD** solution sponge.

After Each Shower

- Allow the future surgical area(s) to air dry. Pat yourself dry with a clean towel everywhere else. Dress in fresh clean sleepwear/clothes. Sleep in clean sheets the night before your surgery.
- **DO NOT** apply any lotions, moisturizers, powders, deodorants or antiperspirants
- **DO NOT** apply any hair products (i.e. gels, hair spray) the morning of surgery

Allergic Reactions to Chlorhexidine Gluconate can occur, such as rash, breathing troubles or swelling. In case of severe reaction, visit the Emergency Department, family doctor or Call Telehealth Ontario – (1-866-797-0000) or 911.

Area of Preparation



The following Drug Stores carry a **Chlorhexidine Gluconate (CHD) – 4% Scrub Sponge or solution** designed for you to use to wash your surgical site to reduce the bacteria on your skin:

Collingwood

1. Collingwood Health Centre Pharmacy, 186 Erie St., Collingwood, (705) 444-2268
2. Pharmasave Mary's Pharmacy, 6-460 Hume St., Collingwood, (705) 444-7997
3. Stuart Ellis IDA. 169 Hurontario St., Collingwood, (705) 445-4711

Wasaga Beach

1. Major's Pharmacy, Unit 9-587 River Rd W, Wasaga Beach, (705) 429-9191
2. Mini – Major's Pharmacy, 103-14 Ramblewood Dr., Wasaga Beach, (705) 429-6700
3. Wasaga Beach IDA, 30 45th Street, Wasaga Beach, (705) 429 2515

Meaford

1. Meaford IDA Pharmacy, 3-334 Sykes St., S, Meaford, (226) 622-7000

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