



FLINT

SKIN CLEANING BEFORE HYSTERECTOMY SURGERY

To reduce the risk of infections after surgery, we recommend the following skin cleaning procedure. Good skin cleaning helps to decrease the number of germs living on your skin.

1. You will be given a bottle or packet of Chlorhexidine Gluconate (CHG) or Hibiclens soap; if allergic you can use antibacterial soap.
2. Please shower 3 consecutive days prior to your surgery and again the morning of your surgery using the CHG or Hibiclens soap. Use your regular shampoo to clean your hair first, and then follow the instructions below for cleaning your body.
3. Please make sure to rinse all shampoo out of your hair and off your body before using the CHG or Hibiclens soap. CHG or Hibiclens is inactivated by shampoos and soaps. Now turn the water off in the shower.
4. Put about 2 tablespoons of the CHG or Hibiclens soap on a clean wet washcloth and begin to wash. Repeat until the whole body has been washed from the neck down. Make sure to wash your back. Also, make sure to wash your armpits, behind your ears and your knees, your groin area, and between any skin folds. **DO NOT USE THE CLEANER ANYWHERE ELSE ON YOUR HEAD, ON AN OPEN SORE, OR IN THE VAGINAL AREA. BE VERY CAREFUL TO NOT GET THE CLEANER IN YOUR EYES, EARS, OR MOUTH.** If the cleaner gets in your eyes, ears, or mouth immediately rinse them with a large amount of cool water for several minutes.
5. When you have covered your entire body with the soap, **DO NOT RINSE**, but replenish the CHG or Hibiclens on your washcloth and repeat Step 4.
6. When you are done, leave the soap on your skin for 2 minutes.
7. Turn the water back on in the shower and rinse your body well. **DO NOT WASH WITH ANY OTHER SOAP OR CLEANSER.**
8. Dry your body with a clean, dry towel and dress with clean, dry clothing.
9. Please do not apply any body lotions or powders after bathing with the CHG or Hibiclens soap. Body lotions and powders will inactivate the effects of the CHG or Hibiclens soap.
10. Please remember to shower or bath with the CHG or Hibiclens soap the morning of surgery following these instructions.
11. Call your surgeons office or Pre-Admission Testing at 810-342-2193 if you have any question or concerns.