

HIBICLENS® INSTRUCTIONS

DC Cosmetic Surgery Center

Proper preparation of the surgical site, to decrease the number of germs on your skin, is a valuable aid in reducing the risk of infection. For this reason, we would like you to shower **the night before surgery and the morning of surgery** with an antiseptic called Hibiclens®. Hibiclens can be purchased over-the-counter at any local pharmacy (e.g., CVS, Walgreens, Target, etc.). The soap may come in a liquid form or as a scrub brush applicator. Either form is acceptable, and the cost is approximately \$10. Below are the instructions you should follow to properly complete the process.



Shower the night before surgery and the morning of surgery.

You will need the following:

- Clean, freshly washed washcloth
- Clean, freshly washed towel
- Clean, freshly washed clothes to put on after shower
- Hibiclens

Directions:

With each shower, wash and rinse your hair first using your normal shampoo. Make sure you completely rinse the shampoo from your hair and body.

Apply the antiseptic solution (Hibiclens) to a wet, **clean** washcloth and lather your entire body from the neck down. **Never use the antiseptic solution near your face or eyes.** Turn the water off in the shower or move away from the water spray to avoid rinsing the soap solution off. Gently wash your body and focus the scrub on the areas where the incision(s) will be located for about 3 minutes. Avoid scrubbing your skin too hard.

Once you have completed the scrub, turn the water on and rinse the Hibiclens soap solution off your body completely.

Do not wash with regular soap after you have used the antiseptic soap solution (Hibiclens).

Pat yourself dry with a clean, freshly washed towel. **Do not** apply any powders, deodorants or lotions. Dress with freshly washed clothes.

If you do not have a shower, use the Hibiclens solution when you bathe in place of your regular soap. Wash the entire body from the neck down and then concentrate on scrubbing the areas where the incisions will be located. Rinse off the Hibiclens with clean water.