

Coordinated Health

We are committed to our “Infection Prevention” efforts! We ask that you purchase a small bottle of Hibiclens and follow these directions to eliminate bacteria on your skin prior to surgery and help decrease your risk of infection...



HIBICLENS Antiseptic/Antimicrobial Skin Cleanser containing 4% Chlorhexidine Gluconate

Indicated for use as a pre-operative skin preparation because it has antiseptic activity

And persistent antimicrobial effects against a wide range of bacteria

The source for most surgical site infections is the patient’s own skin flora (resident bacteria)

Two antiseptic showers before surgery with CHG will significantly reduce bacteria on the skin

Most pharmacies will carry Hibiclens; you will need a 4 oz bottle

CHG ANTISEPTIC SHOWER DIRECTIONS

THIS PRODUCT SHOULD BE USED THE NIGHT BEFORE AND MORNING OF SURGERY



NIGHT SHOWER

1. **DO NOT SHAVE** with a razor 24 hours before surgery anywhere near the body part (incision site) to prevent causing small breaks in the skin which can increase your risk of infection
2. Before taking a shower, have a clean towel and clean clothes available
3. Wash your hair using your normal shampoo and rinse hair and body well to remove all possible soap and shampoo residue

YOU ARE NOW READY TO BEGIN THE REST OF THE CHG ANTISEPTIC SHOWER PROCESS:

NEVER use the CHG solution near your eyes, ears, nose, mouth or private area

4. This product is sudsy which can make the tub slippery, please use a non-skid mat
5. Turn off the water during the application of the CHG solution
6. Use a new, clean, washcloth for each shower
7. Wet the washcloth with warm water and apply a small portion of the CHG solution (*approximately half of the bottle should be used with each shower*)
8. Gently wash your entire wet body from neck down, including all areas with folds in the skin
9. Focus extra attention on the area where the incision will be located
10. Rinse the CHG solution off your body completely

DO NOT wash your body with regular soap after you use the CHG solution

This product is a “CHG soap” so it replaces your regular soap for 2 days

11. Pat yourself dry with a clean towel
12. **DO NOT** apply deodorant, powders, or lotions anywhere near the area of the incision
13. Dress with clean clothes



MORNING SHOWER

Repeat the above procedure the morning of your surgery

Again, use a clean towel, clean washcloth, and clean clothes

Use the other half of the CHG solution in the bottle

Dispose of the bottle after both showers are complete

Thank you for helping us to help you provide an extra step in the infection prevention process!