

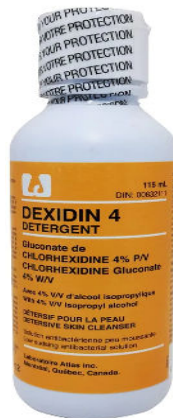
Before your surgery, you need to take showers with chlorhexidine soap

Why do I need to take showers with chlorhexidine soap?

Using chlorhexidine soap will kill the germs on your body. This will help reduce the chance that you will get an infection after surgery.

Where do I get the chlorhexidine soap?

If you did not receive the chlorhexidine soap from the Clinic, during your pre-admission appointment, visit your local pharmacy. Ask them for chlorhexidine anti-bacterial soap. You do not need a prescription.



When do I need to take showers with chlorhexidine soap?

Take a shower with chlorhexidine soap the morning of your surgery. If impossible to do it on the morning, you can do it the evening before.

Here are the steps to follow

1- Wash your hair with your shampoo and conditioner. rinse well. It's important to do this before using the disinfectant soap. Otherwise, the shampoo could run off and wash the product off your body.



2- With approximately 30 mL (1/4 bottle) of soap and a clean cloth, rub chlorhexidine soap all over your body, except your face, head (hair, ears) and genitals. Important: clean armpits, back of knees, groin and all skin folds.



If you get soap in the wrong place, simply wash it off with water.

3- Your body is covered in soap. Do not rinse. Put soap back on the cloth and repeat step 2. You may need help to make sure your whole body is covered (including your back). Leave the soap on the skin for 3 to 5 minutes

4- Rinse with water. The soap should be completely removed. Do not wash with another soap afterwards. It may cancel out the effect of the chlorhexidine soap.

5- Dry yourself with a clean towel and put on clean clothes. This is important, because if you don't You'll be "recontaminated" with bacteria.



IMPORTANT
After the shower:

- Do not apply lotion, cream or deodorant.
- Don't shave.
- Don't wax.