

Instructions:

How to prepare your skin to prevent infections



Before surgery

Beginning 1 week before surgery, do NOT shave or wax your legs, underarms, or the area of your body where we will operate.

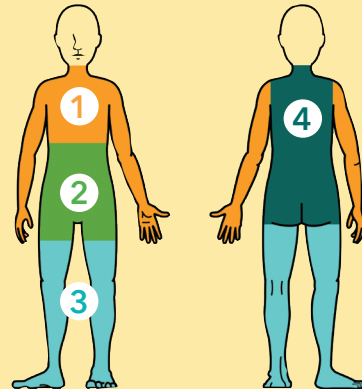


Night before surgery

Shower or bathe and shampoo your hair.

Use the bottle of antiseptic soap provided:

- Apply half of the bottle of antiseptic soap to a clean washcloth.
- Gently and thoroughly scrub your body in the numbered order on the diagram to the right. Let the soap sit on your skin for 2 minutes. Rinse off the soap.
- Do not use any lotions, moisturizers, cosmetics, or hair products after this shower.
- Dress in clean nightwear. Sleep on clean sheets.
- **Do not shave or wax** your legs, underarms, or the area of your body where we will operate.



- 1 Wipe neck, chest, arms, and arm pits.
- 2 Wipe abdomen (including belly button and folds), both hips, and groin. Avoid genitals and anus.
- 3 Wipe both legs front and back, and behind the knees.
- 4 Wipe back, then wipe outer buttocks.



Day of surgery

Rinse your body in the shower.

- Apply the other half of the antiseptic soap to a clean washcloth.
- Gently and thoroughly scrub your body in the numbered order on the diagram above. Let the soap sit on your skin for 2 minutes. Rinse off the soap.

Do not shave or wax your legs, underarms, or the area of your body where we will operate (when you arrive at the Surgery Center, we will be shaving around your surgery site).

Do not use lotions, moisturizers, cosmetics, or hair products. **Wear clean underwear and clothing.**