

Bathing Instructions for *Surgical* patients:

You will need to shower the evening before your surgery and the morning of your surgery with an antimicrobial soap. So, if you have an early morning surgery appointment you will be taking an early morning shower, so please plan accordingly. The purpose of this is to reduce all surface bacteria on your skin, so that we are decreasing your risk for developing an infection after surgery, right from the start.

- You may go about your regular cleansing routine during both showers, (i.e., washing your hair) with the exception of shaving the operative site. Just be sure to use an antimicrobial soap.
- Do not shave the operative site/extremity. We will do this for you immediately before your surgery.
- Focus an additional 2-3 minutes on the surgical site. No need to be rough, just give that area a bit more gentle attention.
- After you have completed each shower, dry off with a freshly laundered towel, and get into clean clothes. So if you shower the night before surgery, you're getting into your freshly laundered pajamas, and then into clean bedding that has not been slept in since the last wash, and then the shower the morning of surgery you're drying off with a clean towel and getting into the freshly laundered clothing you plan to wear to your surgery that morning.
- The key with both shower routines is to remember to not apply anything onto the skin, anywhere on the body, after using the antimicrobial soap. So, no lotion, deodorant, perfume, cologne, makeup, or hair product, anywhere on the body. If you think about it logically, if you were to do that you would essentially be undoing what the soap is doing by cleansing the skin.