

Your Surgery

at New England Baptist Hospital

Instructions for Showering with Chlorhexidine

Starting two days before your surgery, you will begin showering once a day with a special cleanser called chlorhexidine, which you can buy over the counter at your local pharmacy, for a total of three showers. Your last shower will be the day of surgery.

- Begin by washing your face and hair with your regular soap and shampoo
- Turn off the shower, or step out of the water stream to apply the chlorhexidine
- Put the chlorhexidine on a clean, wet washcloth or use your hands to apply the cleanser
- Apply it to your whole body, from your neck down
- Pay special attention to:
 - Your underarms
 - Under your breasts
 - Your groin area (where your legs meet your torso)
 - The area where you're going to have surgery
- Avoid your face and genitals
- You should use an entire four ounce bottle of the chlorhexidine for each shower
- After applying the chlorhexidine, let it stand for one minute prior to rinsing
- Rinse the chlorhexidine off your body
- Gently blot your skin dry with a clean towel
- Put on clean pajamas or clothes

On the morning of your surgery, do not use any lotions, creams, powders, perfumes, or oils after your shower. You may apply deodorant.

If you have additional questions, please call pre-admission screening at 617-754-6600.