

How to use the Hibiclens solution skin treatment before your procedure or surgery

Prior to surgery, you should clean your skin with chlorhexidine gluconate (CHG) solution. If you are unable to get the four (4) bottles of 4% Chlorhexidine gluconate (CHG) antiseptic solution and packet of disposable cloths from GBMC, **please purchase Hibiclens** from your local pharmacy. It is very important that you follow these directions every night, starting three nights before your surgery, and on the morning of surgery.

Why do I need to take a shower and then apply the Hibiclens solution?

- Using the Hibiclens on your skin after using soap and shampoo and rinsing is the best way to remove germs from your skin.
- This helps keep you from getting an infection from germs (known as "superbugs") that are difficult to treat.
- Surgeries, drains, some medicines, and being ill make it easier to get an infection.
- Hibiclens works for 24 hours.



How to use the Hibiclens solution skin treatment:

- **Starting three nights** before your procedure, take a shower with your regular soap and rinse.
- Wash hair with regular shampoo and rinse.
- Turn off the shower. Place a large amount of Hibiclens solution on 6 disposable cloths.
- Apply the Hibiclens onto your skin, from your neck down. **Apply the Hibiclens in the order shown on picture below, starting at number 1 and ending at number 6.** Use one cloth for each area of the body.
- **Do not allow Hibiclens to come in contact with your face, eyes, nose, mouth, ears, and genitals.**



- Allow the Hibiclens to sit on skin for 2-5 minutes. Rinse with water.
- Pat dry with clean towel.
- Do not use any lotion, oils, ointments, topical medication, or hair removing lotions.
- Wear clean clothes and sleep on clean sheets.
- **Do this again every night and in the morning before your procedure. Place a check mark in the yellow circles below.**

1: Neck, chest, and stomach
2: Both arms (front and back), arm pits, hands and fingers
3 & 4: Both legs, feet, and toes
5: Back of neck, back, and shoulders
6: Surgical site

