



JOINT AND SPINE CENTER

PRE-SURGERY INSTRUCTIONS

The HIBICLENS soap you have been given is a solution of 96% Gentle Foaming Soap, and 4% Chlorhexidine Gluconate Antiseptic for pre-surgical bathing, which is prescribed to mitigate the opportunity for infection:

- 1) It is VERY important that you follow these instructions no less than **FOUR (4)** days in a row.
- 2) Visit this link to watch a 2-minute 36-second video illustrating how to correctly shower using the foaming **HIBICLENS**: <u>https://youtu.be/eF3tae-c6d8</u>

Scan this QR Code for video:



- Shower #1 begin three (3) nights before your surgery.
 Wash your hair, face, and genitals with your regular shampoo and soap. Rinse thoroughly.
- 4) Run clear water on the rest of your body to wet the rest of your body.
- 5) Shut off the shower or step out of the water stream.
- 6) Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.
- 7) Lather up and wash your body from your neck down (each cloth for each body zone, see back of this page).

IMPORTANT!!: *Do not allow solution to come in contact with your face, eyes, nose, mouth, ears, or inside your genitals.*

- 8) Allow the HIBICLENS foam to sit on your skin for at least two (2) to five (5) minutes.
- 9) After you've waited at least 2 minutes, turn the water back on, or step back into the water stream to rinse.
- 10) Pat dry with a fresh clean towel.
- 11) You will repeat this process every night before surgery.

Hibiclens Shower #2 is two (2) nights before surgery.

Hibiclens Shower #3 is the night before surgery.

Hibiclens Shower #4 is the morning of surgery before coming to the hospital.

Do NOT shave or use removal lotions, deodorant, perfume, lotion, creams, or oils on your body.

FOUR (4) SHOWERS ARE PRESCRIBED.

DO THIS EVERY DAY FOR FOUR (4) DAYS IN A ROW PRIOR TO SURGERY!!

Each one of the disposable cloths (#1 through #6 or #7) is used on a different part of the body. By using a fresh clean cloth with the Hibiclens for each body zone, you help cut down on cross contaminating different body areas. Pump the Hibiclens foam onto each of the 6 or 7 disposable cloths provided to you.

Cloths #1-6: Pump Hibiclens onto cloths, lather skin as instructed below.

#1: Surgical Site. (If multiple surgical sites, use a new cloth)

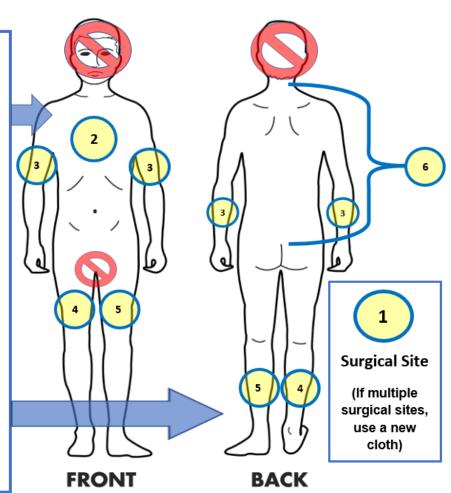
#2: Neck, chest, and stomach.

#3: Both arms front and back, arm pits, hands, and fingers.

#4: Starting at right hip, front and back of leg, feet, toes.

#5: Starting at left hip, front and back of leg, feet, and toes.

#6: Shoulders, back of neck, upper and lower back, and buttocks.



Do NOT shave or use hair removal lotions, deodorant, perfume, lotion, creams, or oils on your body.



Three Nights Before Surgery Two Nights Before Surgery

One Night Before Surgery

