

# Your Procedure Begins with You!

At Aultman, we want you to have the best surgical outcome.

*You play an important role in making this happen by following these instructions before your procedure:*



**Report** any rashes, infections, open areas or sores on your skin to your surgeon before your scheduled procedure.



**Listen** for a phone call from our hospital staff the afternoon before surgery to find out when to arrive at the hospital.



**Follow the instructions** you have received on when to stop eating and drinking and what medications to take with small sips of water on the day of surgery. If those instructions are not followed your procedure may be rescheduled.

## SKIN CARE BEFORE YOUR PROCEDURE

To prevent surgical infections, it is **very important** for your skin to be as clean as possible before your procedure. You can help by following these instructions:

- **Do not shave** on or near the surgical area.. This will be done - if needed - by your surgical team.
- **Clean your skin** with chlorhexidine gluconate (CHG) or antimicrobial soap (like Dial) before surgery. ***You may have received this during your pretesting appointment or from your surgeon's office.***
  - Take two showers before your procedure:
    - The night before your procedure **AND**
    - The morning of your procedure.
- Procedures on the head and face need to shampoo their hair the night before surgery.
- **Do not apply** lotions, creams, conditioner, leave in hair products, powder, deodorant, makeup, nail polish perfumes or colognes after you clean your hair and skin.

**Reminder when using CHG:** Do not use the scrub near your face, eyes or ears to avoid permanent injury to those areas. Do not use on your mouth, or inside any mucous membranes, including the genital area. Do not scrub your skin too hard.

*(See reverse for showering instructions.)*

## **SHOWERING INSTRUCTIONS:**

### The Night Before Your Procedure

**Place clean sheets on your bed the night before surgery, prior to showering.**

1. Wash your hair with shampoo and your body and face with your normal soap.
2. Rinse your hair and body to remove the soap residue. **DO NOT** use hair conditioner or other leave-in styling agents. (Procedures on the head and face can stop here. All other procedures please continue to step three).
3. **Turn off the shower.**
4. Apply the CHG or antimicrobial soap to a **clean**, wet washcloth and wash your entire body **only from the neck down**.
5. Wash your body thoroughly, especially the area where your surgery is to be performed.
6. **IMPORTANT:** After applying the surgical scrub soap to your body, let the soap stay on the skin for **one whole minute**.
7. After the minute is up, turn the water back on and rinse all the soap off your body.
8. Do not wash with any other soap after the surgical scrub is used.
9. Pat your skin dry with a **clean**, soft towel.
10. **Do not** use lotion, cream, powder, deodorant, makeup, nail polish, perfumes or colognes after washing with the surgical scrub.
11. Wear **clean**, loose-fitting clothing after completing your surgical scrubs.

## **SHOWERING INSTRUCTIONS:**

### The Morning Before Your Procedure

1. Step into the shower, and rinse your body. **Do not** wash your hair with shampoo or wash your body with your normal soap.
2. Repeat steps 3-11 above.

**Do not wear any jewelry, including piercings, the day of your surgery. Bring a driver/companion with you the day of surgery.**

**If you have any questions, please contact our Pretest Department  
Monday-Friday from 7:30 a.m. – 4:30 p.m. at 330-363-2377.**