

Preoperative Skin and Hair Preparation: Instructions

Your surgical team recommends that you **cleanse your skin** and/or **wash your hair with a special shampoo** before your upcoming surgery. The recommended preparation process **reduces bacteria** on your skin and in your hair, which **decreases the chance of infection**.

Supplies

We've given you products to cleanse your skin and/or wash your hair, depending on your surgery.

- **For surgery from the chin down**: 4% CHG Skin Cleansing Kit

If you're allergic to chlorhexidine (Hibiclens): Do **NOT** use the CHG Skin Cleansing Kit. You may use the PCMX Surgical Scrub to wash your hair, but use your **regular soap** to cleanse your **skin**.

Instructions

Your surgical team recommends you perform the skin and hair preparation process **TWICE**:

- The **night before** surgery

and

- The **morning of** surgery

For the products we've given you, follow **ALL** of the following steps.

1. **Wash with your regular soap and shampoo**. Use them as you normally would, then thoroughly rinse them off your body and out of your hair.
2. **If we gave you Techni-Care PCMX Surgical Scrub, use it to wash your hair and face**. Use the product as you would use your normal shampoo. Thoroughly rinse it out of your hair. *Note: The PCMX Surgical Scrub is safe for mucous membranes, and it's only a mild eye irritant.*
3. **If we gave you a 4% CHG Skin Cleansing Kit, use it on your skin**. Use one package of this product on the night before surgery. Use the other package on the morning of surgery. Do **NOT** use the CHG Skin Cleansing product on your: Head, Face, Eyes, Ears, Mouth, Genital area. Use the CHG Skin Cleansing Kit to wash **other areas** of your body from the **chin down**. Follow instructions on the waterproof card included in the package.
4. **Pat yourself dry with a clean towel**. Put on clean clothes or pajamas. After using the 4% CHG Skin Cleansing Kit, do **NOT** use regular soap, shampoo, perfumes or lotion. The effects of the skin and hair preparation process last for hours.

Questions?

If you have questions about the skin and hair preparation process, call our pre-op office at 651-229-3918.

[Make An Appointment](#) [651-290-8707](#) [Refer a Patient](#) [651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).