Preoperative Shower Instructions

To reduce the risk of a post-operative wound infections, the Surgical Navigation Department at Eastern Maine Medical Center provides all patients with Chlorhexidine soap for showering the night before and the morning of surgery.

Do not use if you are allergic to Chlorhexidine Gluconate

Night before surgery:
- Please wash your hair and body with your regular soap and shampoo.
- Wash from the neck down including your groin with the half of the Chlorhexidine soap. Do not use this soap on your hair or face.
- Rinse well
- Dry off with a clean towel
- Put on clean clothes
- Please put clean sheets on your bed

Morning of surgery:
- Wash from the neck down including your groin with the remaining half of the Chlorhexidine soap. Do not use this soap on your hair or face.
- Rinse well
- Dry off with a clean towel
- Put on clean clothes

Do not use any powders, deodorants, or skin lotions after your showers.

Please do not shave from the neck down one week prior to your surgery.