

Preoperative Shower Instructions

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

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.
- Then, with half of the Chlorhexidine soap, wash from the neck down including your groin.
 - Do not use this soap on your hair or face.
 - Place the soap on a clean washcloth or bath sponge. Wet your body, then step out of or turn off the water. Cover your body with the soap and let it stay on your skin for 1 minute, then wash off.
- Rinse well.
- Dry off with a clean towel.
- Please put on clean clothes to sleep in.
- Please put clean sheets on your bed

Morning of surgery

- Repeat the washing instructions above.
- Dry off with a clean towel.
- Please put on clean clothes.

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

Please do not shave the surgical site for one week prior to your surgery. Do not shave anywhere starting 24 hours prior to your surgery.

For more information, please contact:

Northern Light Eastern Maine Medical Center Surgical Navigation | 207.973.5456 | northernlighthealth.org