COLON & RECTAL SURGEONS
OF GREATER HARTFORD

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Preoperative Hibiclens Bathing Instructions

Colon and rectal surgery has a known risk of wound infection due to the nature of the surgery being performed. In an effort to reduce these risks, our hospitals and our practice have joined together to initiate protocols to reduce your risk of surgical site infections, or wound infection.

We ask that you also help us to reduce your risk of surgical site infections by preparing your skin the night before and the morning of surgery. In addition, the nurses in the preoperative area may also wash your abdomen with a special cleansing cloth prior to going into the operating room.

You will need to purchase a special soap called “Chlorhexidine Gluconate” (or CHG). A common name for this is Hibiclens or it may be purchased in its generic form at a local pharmacy. You SHOULD NOT use this soap if you have ever had an allergic reaction to CHG. If you are unable to find this soap or cannot afford it, Dial soap is an alternative, but may not be as effective.

CHG/Hibiclens Patient Instructions for Skin Cleansing

1. Read the “Drug Facts” information and directions on the bottle. We recommend you do this at the pharmacy.
   a. CHG/Hibiclens **SHOULD NOT** be used on the head or face. Keep it out of your eyes, ears and mouth.
   b. CHG/Hibiclens **SHOULD NOT** be used on the genital area.
   c. CHG/Hibiclens **SHOULD NOT** be used if you are allergic to CHG or any other ingredients in the preparation noted on the bottle.

2. **NIGHT BEFORE SURGERY**
   a. When you bathe or shower, wash your hair as usual with regular shampoo. Then rinse your hair and body thoroughly to remove any shampoo residue.
   b. Wash your face with regular soap and water only.
   c. Wash your genital area with regular soap and water only.
   d. Thoroughly rinse your body with warm water from the neck down.
   e. Turn off the water to prevent rinsing the CHG/ Hibiclens off too soon.
   f. Apply the minimum amount of CHG/Hibiclens to cover the skin. Use it as you would any other liquid soap. Apply the CHG/Hibiclens gently to the skin and wash gently for 5 minutes with a wash cloth. Pay special attention to the abdomen.
   g. Turn the water back on and rinse thoroughly.
   h. DO NOT use regular soap after the CHG/Hibiclens.
   i. Pat dry with a towel.
   j. DO NOT apply any lotions, powders, or perfumes to the areas cleansed with CHG/Hibiclens.
   k. Put on clean clothes.

3. **MORNING OF SURGERY**
   a. If time permits, repeat the process used above for the night before surgery.
   b. If time is limited, just wash the abdomen according to the above instructions.