

How to Shower Before Surgery

Instructions for Hip or Knee Replacement Surgery

Follow these instructions the day before and the morning of your surgery.

What you will need:

- Hibiclens®
- Clean washcloth
- Clean towel

What to do

1. Shower as you normally would with your regular soap and shampoo. Rinse off thoroughly.
» Do not shave 24 hours prior to surgery.
2. Turn off the water.
3. Squeeze half of the bottle of Hibiclens® onto a clean, damp wash cloth.
4. Use the wash cloth to gently wash your body from the neck down. Avoid your eyes, face, ears, and private areas.

5. Continue to gently wash your body for 3-5 minutes. Be sure to gently wash the area where you are having surgery.
6. Turn the water back on and rinse your body off.
7. Pat yourself dry with a clean towel.
8. Get dressed in clean clothes.
 - » Do not use lotions, creams or powder after showering.
 - » Do not use deodorant on the day of your surgery.
 - » Do not drink Hibiclens®. For external use only.

Mark each check box once complete

- 1 day before surgery
- Morning of surgery

If you have any questions



If you have any questions about showering before surgery, please call our office at 207-781-1551.