

SHOWER CARD



1 NIGHT BEFORE SURGERY

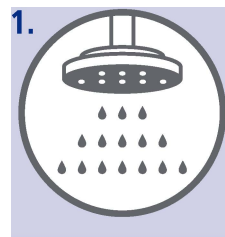
DATE

MORNING OF SURGERY

DATE

For more information, including instructions in additional languages, please visit: <http://providence.org/perioperativekit>

Please follow the showering instructions provided by your surgical team. If you did not receive other instructions, you should plan to take AT LEAST 2 SHOWERS (the night before surgery and the morning of surgery). For certain surgeries, you may need to take more than 2 showers to help you prevent infection. If you have an allergic reaction, stop using the Chlorhexidine Gluconate (CHG) soap provided, and follow the bathing instructions using regular, anti-bacterial soap. Call your doctor if you develop skin irritation.



1. Rinse body with warm water.



2. Take a shower as you normally would (wash hair, face, body). Do not shave. Be sure to completely rinse off all products used.



3. Wet your shower mitt provided. Turn off water. Apply enough CHG solution to cover your body (a few caps full). CHG is for use below the chin only. Do not use any other soaps.



4. Massage entire body below the chin, including between fingers, toes, surgery site and all surrounding skin. Do NOT use on genital area or buttocks. Ask for help to clean your back if having a spinal surgery.



5. Re-apply CHG. Wait a minimum of 2 minutes.



6. Turn on water. Lightly rinse your body.



7. Dry off with a clean towel.



8. Wear clean clothes and use clean bed linens.

*Do not flush shower mitts. Slip hazard – CHG soap – Slippery when wet