

## PREPARING YOUR SKIN FOR STIMULATOR PLACEMENT:

What you can do to help prevent surgical site infections;

### Showering the night before + the morning of procedure + Hibiclens = Fewer Germs

There is a risk for infection with any procedure. We work hard to prevent infections and want you to get involved and help us reduce the risk as much as possible. Because skin is not sterile, we want your skin to be as free of germs as possible before your stimulator placement.

**CAUTION:** Do not use Hibiclens on your head, face or genitals. **Avoid contact with your eyes.** (If contact occurs flush eyes thoroughly with water).

### The night before your procedure *(Only use half the bottle of Hibiclens)*

1. Read carefully, follow the steps in the order they are listed.
2. **DO NOT SHAVE 7 DAYS PRIOR TO THE PROCEDURE!** Shaving your skin, near or around the area of the surgery can leave small cuts on the skin which increases the risk of surgical site infection. If your skin needs to be shaved, a nurse at the surgery center will take care of it.
3. If you plan to wash your hair, use your regular shampoo; then rinse your hair and body thoroughly to remove any shampoo residue first.
4. Wash your face and genitals with regular soap or water only.
5. Thoroughly rinse your body with water from the neck down before applying Hibiclens.
6. Move away from the shower stream when applying Hibiclens to avoid rinsing it off too soon; apply about 2 oz of Hibiclens (1/2 the bottle) directly on a clean wet washcloth and wash gently from the neck down in a circular motion, wait a full 60 seconds before returning to the shower stream.
7. Rinse thoroughly with warm water and keep out of eyes, ears and mouth; if Hibiclens comes in contact with these areas, rinse out promptly.
8. **Do not** use your regular soap after applying and rinsing with Hibiclens.
9. Dry your skin with a clean fresh towel.
10. **Do not** apply lotions or deodorants to the cleaned body area.
11. Make sure to dress in freshly washed pajamas and have clean sheets, blankets and pillow cases.
12. If there are pets in the house, please try to keep them out of the room for the night if possible.

### The Morning of procedure

Take another shower using the remaining 2 ounces of Hibiclens repeating the same process as the night before and dressing in clean fresh clothes.