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CLEANSING INSTRUCTIONS

Jeffrey M. Goldstein, MD

9000 Waukegan Road, Suite 200 ~ Morton Grove, IL 60053
(847) 375-3000

Patient: _____

MR#: _____

General Information:

- Because the skin is not sterile, it is important to make sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery.
- The cleansing process is necessary to help prevent infection and must be completed in order to proceed with surgery.
- Chlorhexidine gluconate (CHG) is a special soap that is often used to cleanse the skin before surgery. One common brand is Hibiclens.

Bathing Instructions:

- Shower or bathe with Hibiclens every day for 5 days prior to surgery and on the morning of your surgery.
- Do not shave the area of your body where your surgery will be performed.
- With each shower, wash your hair as usual with your normal shampoo.
- Rinse your hair and body thoroughly after you shampoo to remove all shampoo residues.
- Apply the Hibiclens soap to your entire body only from the neck down. Do not use Hibiclens near your eyes or ears to avoid permanent injury to those areas.
- Wash thoroughly, paying special attention to the area where your surgery will be performed.
- Turn the water off to prevent rinsing the soap off too soon.
- Wash your body gently for 5 minutes. Do not scrub your skin too hard.
- Do not wash with your regular soap after Hibiclens is used.
- Turn the water back on and rinse your body thoroughly.
- Pat yourself dry with a clean, soft towel.
- Do not use lotion, cream, or powder.
- Wear clean clothes.

For your convenience, Hibiclens is available for purchase at our DME Services, located on the first floor of IBJI Morton Grove, and can also be purchased at various retail pharmacy locations.