

SHOWER INSTRUCTIONS BEFORE YOUR SURGERY



Purchase **two** packages of SoluNet Chlorhexidine 4% from the Guelph General Hospital Boutique in the main lobby.

DIRECTIONS:

Take **TWO** showers, one the **night before** your surgery and the other the **morning** of your surgery.

- Remove all jewellery and body piercings prior to your showers.
- Wash your hair and body using your normal soap and shampoo. Rinse thoroughly. Step out of the stream of the shower water.
- Open one of the SoluNet Chlorhexidine 4% and remove the sponge. Save the other package for your next shower.
- Wash your entire body from the **neck down** using the sponge. Clean your belly button thoroughly with a Q-tip and the SoluNet sponge.
- **Wash your outer genital and anal areas last.**
- Leave the solution on your skin for **3 minutes** then thoroughly rinse the solution from your entire body.
- Using a clean towel, pat your body dry.
- Dress in freshly laundered sleepwear.
- Sleep in freshly laundered sheets the night before your surgery.
- Repeat the shower process in the morning before your surgery using another clean towel and dressing in freshly laundered clothing.

If you have any questions or concerns, contact your surgeon



DO NOT:

- Use the SoluNet sponge near your **eyes, ears, mouth or inner genitals.**
- Use if you have an allergy/sensitivity to Chlorhexidine: consult your surgeon
- Apply moisturizing lotion or powder to your body after your showers.
- Shave, clip, or wax below your neck **7 days before** your surgery.



IMPORTANT:

If you experience any of the following:

- Rash
- Difficulty breathing
- Heart palpitations
- Swelling of your lips, tongue, or throat
- Any feelings of being unwell

STOP using the SoluNet and seek immediate medical assistance from your nearest **Emergency Department.**