

# Showering Instructions Before Surgery (Total Joint Replacement)

Three nights before surgery, shower using the special soap (Chlorhexidine) and mitts that you were given. Use a new mitt each time you shower.

This special soap helps remove germs from your skin.

1



Use regular soap and shampoo to wash your body, face and hair.

2



Rinse off the soap and shampoo.

3



Wet your mitt and apply the special soap to it.

4



Turn the water off.

5



Use the mitt to gently wash your body from the neck down for two minutes. Do not use on your private area (genitals).

6



Turn the water on and lightly rinse your body.

7



Pat your body dry with a clean towel. Do not use lotions, moisturizers or powders after your shower.

## WHEN TO USE YOUR SPECIAL SOAP

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

