Pre-Procedure Instructions  
(Preventing Infections)

If you are planning to undergo surgery, it’s important that you do your part to prevent a post-procedure infection. At Baton Rouge General, we take many steps to prevent infections, but some of them are actually caused by germs on your own body. To avoid a problem, follow the steps below at home before you leave for the hospital.

You will need to purchase a bottle of Antiseptic Skin Cleanser (chlorhexidine gluconate-CHG),* available in the Baton Rouge General Corner Pharmacy. Use this as your soap when you shower the night before your procedure and again on the morning of your procedure. You MUST NOT use the Antiseptic Skin Cleanser (chlorhexidine gluconate-CHG) on your hair, your face or your genital area. The process is easy, but if you have questions, please call us at (225) 763-4068.

• Please do not shave the area of your body where you will have surgery for at least one week before your procedure. Razor blades can cause tiny nicks in your skin, which can allow germs into your body – the very same germs that can cause a surgical site infection.

• Remove all body piercing jewelry until your doctor tells you it is safe to put it back on.

*If you are allergic to a chlorhexidine gluconate, inform your nurse, who will provide you with other instructions.

Please see Pre-Procedure Shower Instructions found in this packet.
The NIGHT BEFORE your procedure:

1. Put clean sheets on your bed.
2. Get into the shower and wet your body. Wash your hair with shampoo as you normally do.
3. Pour about half of the bottle of Antiseptic Skin Cleanser on a wet washcloth.
4. Rub the solution onto your body from your neck all the way down to your feet, making sure to use a lot of the Antiseptic Skin Cleanser (chlorhexidine gluconate-CHG) on the site of your upcoming procedure. Don’t scrub hard and remember not to touch your hair, face or genitals.
5. Step away from the water stream and wait two minutes. Then step back under the water stream and rinse the Antiseptic Skin Cleanser (chlorhexidine gluconate-CHG) off your body.
6. Rinse thoroughly and dry off with a clean towel.
7. Do not use any lotion or powder on your body, as these can cancel the effects of the Antiseptic Skin Cleanser (chlorhexidine gluconate-CHG).
8. Put on clean pajamas or night clothes.

The MORNING OF your procedure:

1. Using the remaining half of the Antiseptic Skin Cleanser (chlorhexidine gluconate-CHG), shower again as you did the night before.
2. Dress in clean, loose clothing.

PRE-PROCEDURE SHOWER INSTRUCTIONS (Antiseptic Skin Cleanser)