

PRE - SURGICAL CLEANSING INSTRUCTIONS

Please purchase Hibiclens at your local drug store. It is available without prescription in the pharmacy section. Hibiclens is an antiseptic solution that will reduce the risk of infection at your incision site(s). Please follow these instructions:

Take three showers (not baths), three days before and one the morning of your procedure. Please do not shave or wax body hair at least 48 hours prior to surgery.

First, shampoo your hair and wash your skin with your regular products. Rinse thoroughly.

Then using the Hibiclens solution and a clean, wet washcloth, wash your skin surface again. Start from the neck down and gently scrub your skin avoiding the genital area. Allow the solution to remain on your skin for at least two minutes. Your skin should then be rinsed and dried with a clean towel.

After your evening shower, please sleep in clean bedclothes and bedding. Do not apply any creams, lotions, powders, perfumes or deodorant after your shower the morning of surgery. Finally, make sure the clothes you wear after your shower are also clean.



TEPEYAC OB / GYN