

PRE - SURGICAL INSTRUCTIONS

Please purchase Hibiclens at your local drug store. It is available without a 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. 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.

Using the Hibiclens solution and a clean, wet washcloth, wash your skin surface again. Start from the neck down and gently scrub, avoiding the genital area. Allow the solution to remain on your skin for at least two minutes. Rinse and dry with a clean towel.

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



Tepeyac OB/GYN
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