

Showering Before Surgery

It is very important to clean your skin before surgery to reduce the risk of infection. For your health and safety, you are required to shower *twice* before surgery using a surgical detergent.

You must have a shower **the night before, and the morning of** your surgery.

We ask that you use ***Scrub-Stat 4%** soap for both of these showers. Scrub-Stat 4% can be purchased at Sunnybrook pharmacy in a special size for lower cost.

If you have a reaction to Scrub-Stat 4%, **rinse off** and use a mild unscented soap instead. Tell hospital staff about your reaction when you arrive on the day of surgery.

Washing instructions:

- Wash your hair with shampoo, but do not use conditioner. If your surgery will be on the head or face, wash your hair with baby wash.
- Wash your body from neck to feet with Scrub-Stat 4%, finishing with the groin and anal area.
- Leave the soap on for 2 minutes, and then rinse your body well.

Be prepared:

- Use a clean washcloth and towel with each shower.
- Wear clean pajamas or clothes after each shower.
- Sleep in clean bedsheets the evening before surgery.

DON'T!

- Do **not** use Scrub-Stat 4% soap on your face or hair.
- Do **not** apply body lotion, moisturizer, or powder after your shower.
- Do **not** shave the area where you will be having surgery.

Thank you for following these important instructions.

***Alternative soap:** Dexidin 4 - 115ml is available to order from local pharmacies without a prescription.