

## Patientinformation på engelska

# Showering with bactericidal soap

The amount of bacteria on the skin needs to be reduced to prevent the risk of infection. To do this, you should shower with a bactericidal soap such as Descutan® or Hibiscrub® which are available over the counter at the pharmacy.

The day before your surgery, you should take two showers. Remove any makeup, nail polish, jewelry and piercings before the first shower and do not wear them again until after the surgery.

1. When you take your first shower, preferably in the morning, you need to use regular liquid soap. Your entire body needs to be washed.
2. When you take your second shower, preferably in the evening, you need to use the bactericidal soap.

### This is how you do it:

- Soak your body with water and then turn off the shower.
- Lather your entire body with soap. Start with your head and then continue down the rest of your body. Pay particular attention that you wash your nose, armpits, navel, groin and genitals. Do not apply soap in your eyes and inside the ear canals!
- Rinse everything off and lather yourself with soap in the same way again. This procedure where you wash yourself twice with soap is called a *double shower*.
- Finish by rinsing your body thoroughly and drying with a clean towel, put on clean clothes and go to bed with clean bedding.
- Do not use your regular soap, shampoo, conditioner and skin products after showering with the bactericidal soap.

On the morning of your surgery, before you leave home, you need to take another double shower with bactericidal soap.

- If you are having surgery in the head or neck area, your hair should be washed with the bactericidal soap in both double showers. For other surgeries, using bactericidal soap for one double shower is enough.
- Do not use perfume or any other strong scents.
- Avoid using contact lenses on the day of your surgery

Stop showering with bactericidal soap if your skin becomes irritated.

If the area to be operated on needs to be shaved, it will be done so in surgery with a medical grade shaver. Do not attempt to do it yourself!