



Chlorhexidine Pre-Op[®] wash

What is Chlorhexidine Pre-Op[®] wash?

Chlorhexidine Pre-Op[®] wash is an antiseptic body wash used to clean and disinfect your skin before surgery.

Why should you use the Chlorhexidine Pre-Op[®] wash?

This wash helps to reduce the number of bacteria which live on healthy skin and lowers your risk of a surgical infection.

When to use the Chlorhexidine Pre-Op[®] wash

You should use this body wash either the night before or the day of your surgery.

How to use Chlorhexidine Pre-Op[®] wash

1. Wet your face, whole body, and hair in the shower. Turn the water off before applying the Chlorhexidine Pre-Op[®] wash. This will stop the body wash from rinsing off too soon.
2. Apply a small amount of Chlorhexidine Pre-Op[®] wash to your wet hair. Lather well and rinse off.
3. Apply a small amount of the pre-op wash to a new, clean sponge or washcloth. Using the cloth, lather the wash on your face and around the nose area. Keep your mouth and eyes closed tightly. If it goes into your eyes, mouth, or nose, rinse it off with water immediately.

4. Continue to clean all your body, adding the pre-op wash to your cloth as needed. Pay special attention to:

- your underarms, belly button and under the belly fold
- around your bottom and genitals including the vulva (take care to keep away from the vagina entrance)
- your thighs, legs, and feet.

5. Leave the wash on your body for two minutes and then rinse off with water.
6. Repeat steps 2-7. Remember to wait two minutes before rinsing off with water.
7. Dry yourself completely using a clean towel and dress in clean, freshly washed clothes.

After using the Chlorhexidine Pre-Op[®] wash

- Do not apply any lotion, deodorant, or powder.
- Do not wash with your regular soap until after your surgery.

Do not mix Chlorhexidine Pre-Op[®] wash with other chemicals or detergents.

If you have an allergy to Chlorhexidine

Do not use Chlorhexidine Pre-Op[®] wash if you have an allergy to chlorhexidine.

Contact the Enhanced Recovery After Surgery (ERAS) Clinic for advice.

Be aware

Stop using the wash and call your doctor immediately if any of the following occur:

- a rash develops that does not go away
- your throat swells
- it becomes hard to breath.

Other reactions to be aware of include:

- severe burning
- itching
- redness
- blistering
- peeling
- swelling
- or any other severe irritation.

Storage and disposal

Store the body wash at room temperature, away from moisture, heat and direct light.

Keep out of reach of children.

Throw the empty tube away in a normal rubbish bin.

For more information

If you have more questions, talk to your doctor, pharmacist or contact the Royal Women's Hospital.

Enhanced Recovery After Surgery (ERAS) Clinic

Hours: 9am to 3pm (Monday to Friday)
E: ERAS.Clinic@thewomens.org.au

The ERAS Clinic operates on Wednesdays. Emails are also checked throughout the week. We will reply to your email as soon as possible.

Medicines Information Service

Hours: 9am to 4pm (Monday to Friday)
T: (03) 8345 3190
E: drug.information@thewomens.org.au

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au

Disclaimer: This information sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

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