



AKADEMISKA
SJUKHUSET

Preoperative showering instructions

Information



If you have questions, please contact:

Contact us via e-services on www.1177.se



Turn the page for
more information!

Preoperative showering instructions

To reduce the risk of wound infection after your operation, it is extremely important that you double-shower twice before your surgery with bactericidal chlorhexidine soap.

You can buy these shower sponges yourself at the pharmacy. They come in a variety of types. Ask the staff at the pharmacy to help you select the ones that are right for you.

Double-showering

In the same shower, the body and hair are soaped up and washed down with one sponge at a time.

When these showers have been performed properly, their cleansing effect lasts for about seven days, the time it usually takes for a surgical wound to heal.

How to double-shower:

1. Remove any nail polish on your fingers and toes. Take off all your jewelry.
2. In the shower, rinse your entire body and hair with water.
3. Turn off the water and use the first sponge of chlorhexidine soap to wash your hair and thoroughly soap your whole body. Pay extra attention to your navel, genitals, and groin. Avoid getting soap in your eyes and ears. Wait at least 2 minutes to rinse off the soap; this allows the chemicals in the soap to do their job.
4. Rinse off the lather.
5. Repeat Steps 2-4, but with a new chlorhexidine soap sponge.
6. Dry yourself with a freshly washed towel.
7. Put on freshly washed clothes and socks. If you are planning to lie down/sleep after your shower, change your bedsheets first.

Do not use any of these products between or after the double showers:

- Makeup
- Hand cream
- Other types of shampoo, conditioner or soap
- Deodorant or lip balm
- Jewelry (watches, rings, bracelets, necklaces)
- Piercings

Hair removal

Between the two double showers, you will be assisted in removing body hair at the surgical site. This will be done when you are admitted to the ward prior to surgery.

You should not shave the surgical site yourself; wait to get help with this at the hospital.

When should I shower?

You should perform Double Shower 1 the morning of the day before your operation, before your arrival at the ward.

It is also possible to shower in the evening the day before you head to the hospital. If you do that, it is important to sleep in a freshly made bed that night.

You will then get help with performing Double Shower 2 the evening before your operation.



1177

You can find information and services related to your health and care on the 1177.se website. For medical advice, call 1177. The line is open around the clock.



Contact Akademiska

Akademiska sjukhuset can be contacted via:
patientkontakt@akademiska.se
Patient Contact: 018-611 30 33,
Switchboard: 018-611 00 00
www.akademiska.se