

Scrubbing before your Open Heart Surgery/Carotid Endarterectomy

To prepare for your surgery, your surgeon asks that you clean your skin with a special antibacterial soap. This will reduce the amount of bacteria on your skin before the surgery, reducing the risk of infection in your incision after surgery.

Areas to be scrubbed *(Nurse will indicate which side)*

- Abdomen
- Back (right / left)
- Side (right / left)
- Chest (front / right / left)
- Insides of legs, groin to ankle
- Neck

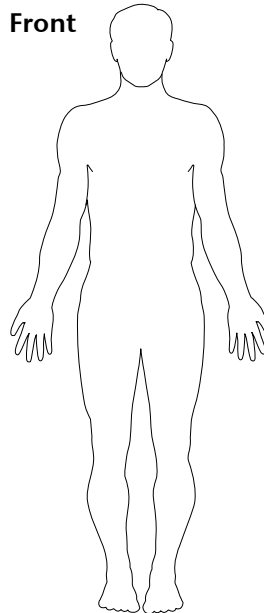
Type of soap

Your nurse will give you the correct soap

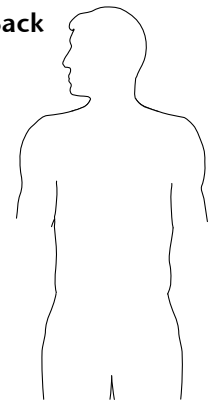
When

- Night before surgery
- Morning of surgery

Front



Back



How to do

1. One soap packet should be enough for each scrub. This may be done standing at the sink or in the shower.
2. Use **soft** side of sponge. You do not need to add water; use directly from the package.
3. Gently wash the areas that are marked above in slow, circular motions for several minutes.
4. *Thoroughly rinse off all soap* with clean water. Towel dry.
5. Dress as usual.

Special instructions _____

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.