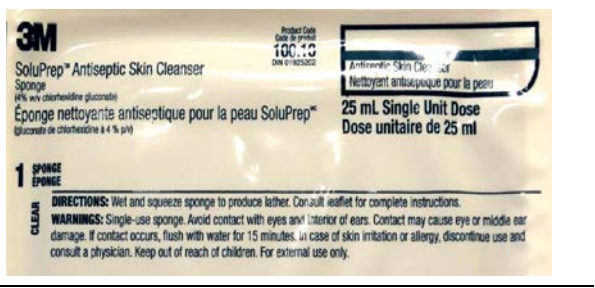

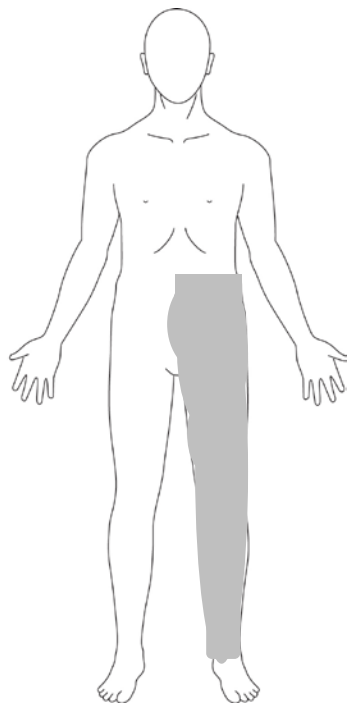


## Instructions for showering with Chlorhexidine sponge – new hip and new knee surgery –

**You can buy the sponge at 690 Main Street West, Hamilton. This is where your Pre-op Clinic appointment was (the same building as the West End Urgent Care Centre).**

<p><b>1</b></p>	<p>The night before surgery, wash and rinse your hair first using your normal shampoo.</p> <p>Make sure you completely rinse the shampoo from your hair and body.</p>	
<p><b>2</b></p>	<p>Wash your body with regular soap.</p> <p>Make sure you completely rinse off the soap from your body.</p>	
<p><b>3</b></p>	<p>Now begin using the scrub sponge that you bought.</p> <p>Avoid scrubbing your skin too hard.</p> <p>Wet and squeeze the sponge to produce lather.</p> <p>On the side of your body that is being operated on, lather your hip, groin and entire leg down to your ankle.</p> <p><b>Never use the sponge near your eyes.</b></p> 	
<p><b>4</b></p>	<p>Once you have completed the scrub, rinse the soap solution off your body completely.</p>	
<p><b>5</b></p>	<p>Pat yourself dry with a clean freshly washed towel.</p> <p>DO NOT apply any powders, deodorants or lotions.</p> <p>Dress with freshly washed clothes.</p>	