

You can buy the sponge at the West End Pharmacy at your Pre-op Clinic appointment or at the following locations: Hamilton General Drugstore, Juravinski Hospital Gift Shop and Cancer Center Pharmacy.

1

The night before surgery, wash and rinse your hair first using your normal shampoo.

Make sure you completely rinse the shampoo from your hair and body.



2

Wash your body with regular soap.

Make sure you completely rinse off the soap from your body.

3

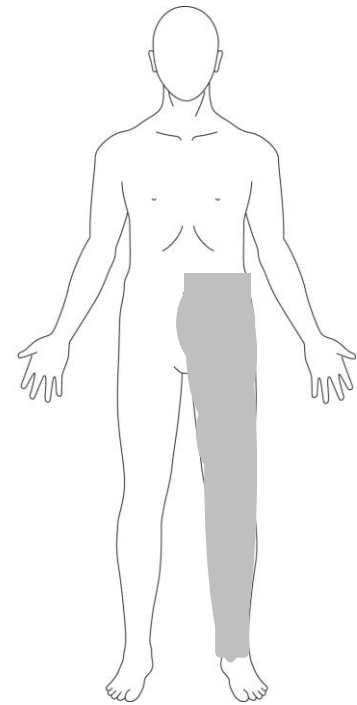
Now begin using the scrub sponge that you bought.

Avoid scrubbing your skin too hard. To prevent any skin abrasions, use the soft part of the sponge

Wet and squeeze the sponge to produce lather.

On the side of your body that is being operated on, lather your hip, groin and entire leg down to your ankle.

Never use the sponge near your eyes.



4

Once you have completed the scrub, rinse the soap solution off your body completely.

5

Pat yourself dry with a clean freshly washed towel.

DO NOT apply any powders, deodorants or lotions.

Dress with freshly washed clothes. Sleep in freshly washed bedsheets.