

TO REDUCE YOUR RISK OF INFECTION, YOU MUST FOLLOW THESE INSTRUCTIONS

For 2 weeks prior to surgery

Shower using your regular soap, clean your chest, body and armpits
DO NOT exfoliate
DO NOT apply alcohol, peroxide, betadine, or chemicals to the skin
DO NOT tan

For 2 days prior to surgery

Shower using your regular soap, clean your chest, body and armpits
DO NOT exfoliate
DO NOT apply alcohol, peroxide, betadine, or chemicals to the skin
DO NOT tan
DO NOT shave, wax, use depilatory cream, or have laser hair removal

Before you go to sleep the night before the surgery

Shower using your regular soap, clean your chest, body and armpits
DO NOT exfoliate
DO NOT apply alcohol, peroxide, betadine, or chemicals to the skin
DO NOT tan
DO NOT shave, wax, use depilatory cream, or have laser hair removal
DO NOT apply lotions, creams, moisturizers, make-up or any other substance to the skin
DO NOT apply deodorant

On the morning of surgery

Shower using your regular soap, clean your chest, body and armpits
DO NOT exfoliate
DO NOT apply alcohol, peroxide, betadine, or chemicals to the skin
DO NOT tan
DO NOT shave, wax, use depilatory cream, or have laser hair removal
DO NOT apply lotions, creams, moisturizers, make-up or any other substance to the skin
DO NOT apply deodorant

For the week after surgery

Shower using your regular soap (**WAIT to shower until you have been told it is OK**)
DO NOT exfoliate
DO NOT apply alcohol, peroxide, betadine, or chemicals to the skin
DO NOT tan
DO NOT shave, wax, use depilatory cream, or have laser hair removal
DO NOT apply lotions, creams, moisturizers, make-up, or any other substance to the skin
DO NOT apply deodorant

Patient signature

Date

Witness