



Preparing for your Cesarean Birth:

Your doctor has scheduled you for a Cesarean Section at Providence Medical Center. A Cesarean birth is a major abdominal surgery, and these instructions will help you prepare for your surgery. Please take the time to read the following information several days before your scheduled surgery date.

- You will need to purchase a 4-oz. bottle of Hibiclens antibacterial soap to use for your two pre-surgery showers. This can be purchased at Walgreens, Walmart or CVS.

Pre-Surgery Shower Instructions:

At Providence Medical Center, keeping you safe and free of infection is very important to us. You play an important role in your health by preparing for your surgery by following the pre-surgery shower instructions. Studies have shown that pre-surgery showers reduce the number of germs on your skin, therefore helps reduce the risk of post-operative infections.

1. Shower the evening before your surgery with Hibiclens soap, using a freshly laundered wash cloth and towel.
2. Shower a second time the morning of your surgery with Hibiclens soap, also using a freshly laundered wash cloth and towel.
3. Place clean linens on your bed the night before your surgery and avoid having pets in the bed with you.

First Shower (Evening prior to surgery):

- Remove all jewelry, including wedding rings and all body piercings. Do not replace jewelry or reapply body piercings, as they cannot be worn during surgery.
- Do not shave the pubic area, or near the area where the surgery will be performed.
- Wash your hair and face as usual.
- Wash your lower abdomen above the pubic hair line with Hibiclens soap with a freshly laundered wash cloth using a circular motion for two minutes (do not scrub, just wash).
- Wash the rest of your body except your genitals with Hibiclens soap, paying special attention to your neck, under arms, belly button and groin area as these are areas where bacteria can grow easily.
- A Q-Tip can be used to clean your belly button.
- Rinse thoroughly.
- Dry your surgical site first with a freshly laundered towel, then the rest of your body. Do not touch the surgical area with the towel after using it on other parts of the body.

Second Shower (Morning of surgery):

- Brush your teeth, being careful not to swallow any water.
- Do not take any medications unless your doctor specifically told you to do so.
- Shower a second time using the same process as above, using a freshly laundered wash cloth and towel.
- Do not apply any lotion, powder, deodorant, makeup or hair products after showering.
- If you wear contacts, please bring your case and solution should you need to take them out.

Your surgery may need to be rescheduled if you eat, drink or fail to follow any of your doctor's instructions.

Please leave all valuables including jewelry, cash and credit cards at home.



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