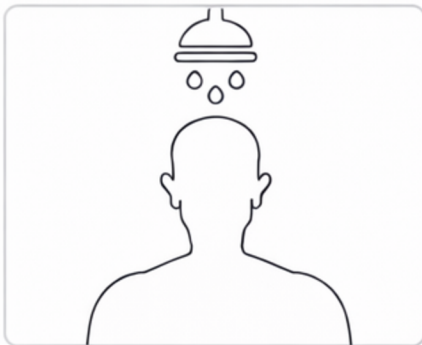


# Pre-Operative Washing Guide



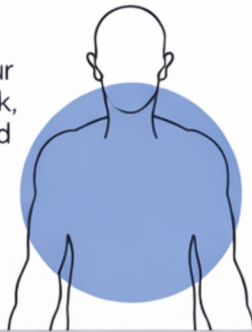
Thank you for choosing St Vincent's Private Hospital Sydney for your care. This patient information sheet provides a guide on how to wash in preparation for your procedure.

## Steps for shower prior to surgery



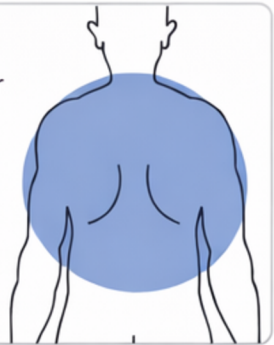
### STEP 1

Wash your face, neck, chest, and upper stomach.



### STEP 2

Wash your back.



### STEP 3

Wash your left arm and armpit. (shoulder to fingers)



### STEP 4

Wash your right arm and armpit. (shoulder to fingers)



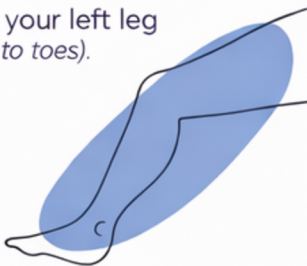
### STEP 5

Wash your right leg (thigh to toes)



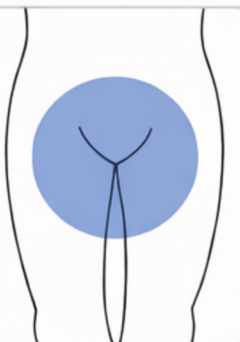
### STEP 6

Wash your left leg (thigh to toes).



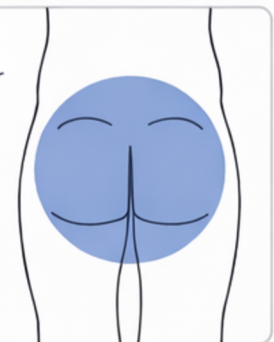
### STEP 7

Wash your groin and perineum.



### STEP 8

Wash your buttocks.



It is important that your skin is clean on the day of your operation. Please shower at least the night before your surgery with soap following the above step-by-step guide. In addition, please wear clean undergarments and clothes following your shower.

It is recommended that you do not shave on or near the area where surgery will take place. If hair removal is required, then staff can do this with clippers prior to the start of surgery.

If you have any queries, please contact your surgeon.