

# Bathing at Home Before a Procedure

## Instructions for bathing or showering before coming for a procedure

You play an important role in reducing your child's risk of infection by bathing or showering before a procedure. Bathing or showering with soap lowers the chance of a surgical site infection.

### AT HOME, BATHE OR SHOWER YOUR CHILD TWO TIMES BEFORE THE PROCEDURE WITH SOAP AND WATER AT THESE TIMES:

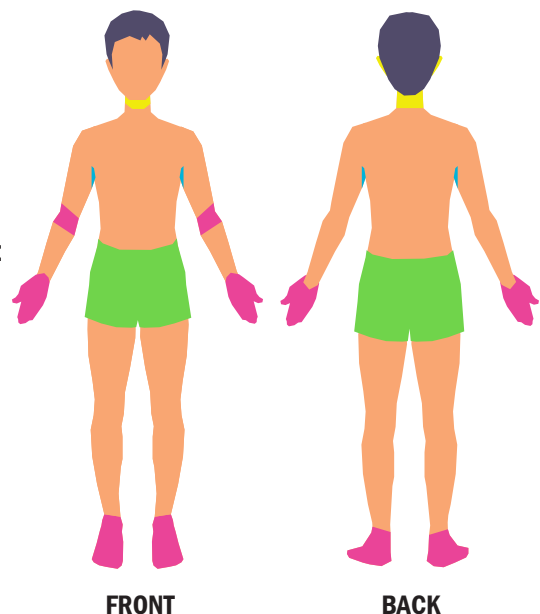
1. 48 HOURS (2 DAYS) BEFORE PROCEDURE

2. 24 HOURS (1 DAY) BEFORE PROCEDURE

**Germs can grow in certain areas of the body. These are the areas to concentrate on:**

Always start with a shampoo of your child's head. After the shampoo thoroughly **cleanse ALL parts of their body** with special attention given to (see diagram):

- Neck and behind the ears
- Hands, feet, and elbow creases
- Armpits
- Groin and diaper area



FRONT

BACK



**DO**  
use liquid soap  
(any kind)



**DO**  
wear clean clothes  
following bath/shower



**DO**  
report rashes, infections,  
open areas/sores BEFORE  
scheduled surgery date



**DO NOT**  
use bar soap



**DO NOT**  
use hair conditioner or  
leave-in styling products



**DO NOT**  
use lotion, cream, oils, powder  
or perfume after bathing

When you arrive at SickKids, you will be given a package of bathing wipes with instructions to use on your child before their procedure. This will also lower the chance of infection after surgery.