

## Showering Instructions Before Your Ablation Procedure

---

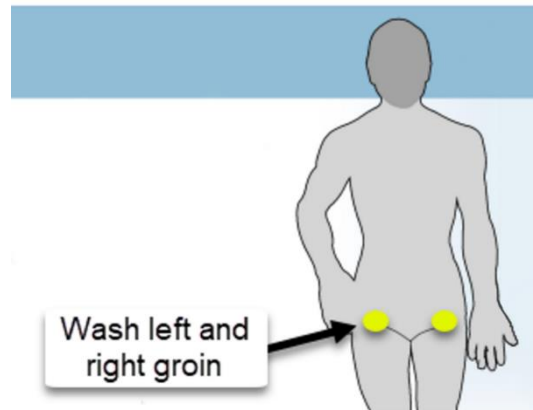
### What are my instructions for showering before my procedure?

Before your ablation procedure, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as clean as possible. Your skin will be prepared with antiseptic before your procedure, but the antiseptic will work better if your skin is clean.

To clean your skin, **you need to shower both the night before and the morning of** your procedure using an antibacterial soap like Dial<sup>®</sup>, Lever<sup>®</sup>, or Safeguard<sup>®</sup> (you can use body wash or a new bar of soap).

### Follow these steps for showering:

1. Wash your face using regular soap.
2. Wash your hair using regular shampoo. Make sure to rinse your hair completely after shampooing.
3. Next, you will wash your body from the neck down using the antibacterial soap for at least 5 minutes with a freshly laundered washcloth.
4. **Follow these instructions for using the antibacterial soap:**
  - First, wash your procedure site areas and all surrounding skin with the antibacterial soap. The procedure site areas include your **groin** (the area where the thigh meets the belly). Leave the soap on your skin for 1-2 minutes to allow the soap to kill any bacteria.



- Then use the antibacterial soap to wash your underarms, chest, under your breasts, stomach and belly button, hips, and buttocks.
  - Rinse the soap off your body thoroughly with warm water.
5. Rinse your body completely and pat your skin dry with a freshly laundered towel.
    - Do not put on make-up, deodorant, lotions, sprays, gels, creams, ointments, or powders after showering with the antibacterial soap.
    - After showering, use freshly laundered clothes and bed linens.
  6. Put on freshly laundered underwear, socks, and clothing.

Complete these steps for showering both **the night before** and **the morning of** your procedure.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Bethany Lee-Lehner, MSN, RN  
Reviewers: Thomas Crawford, MD, Hakan Oral, MD  
Edited by: Brittany Batell, MPH MSW  
CVC Control #1520

Patient Education by [U-M Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 09/2023