

**Shaarei Zedek Medical Center  
Operating Room**

**Appendix**

**Explanation of the body washing procedure**

Dear patient,

We would like to wish you a successful surgery and a quick recovery.

There are numerous natural bacteria on the surface of your body.

Prior to the surgery, the amount of bacteria needs to be reduced as much as possible in order to prevent contamination of the surgical wound.

Careful body wash is very important for prevention of post- surgical infections.

Appropriate body wash can significantly reduce the bacterial population on the body surface.

You have to wash your body and hair on the evening before surgery and to repeat this procedure on the morning of the day of surgery.

You have to pay special attention to certain body part due to extensive accumulation of bacteria, including armpits, under the breasts (for women), the navel area, the areas of genitalia, groins and buttocks.

Washing steps

- a. Wash your hair.
- b. Wash the upper parts of the body using a sponge soaked in regular soap to create foam, especially in the armpit area, and under the breasts for women.
- c. Wash the lower parts of the body. The navel area is especially important. The genitalia area has to be well scrubbed in order to enable the soap to penetrate into the folds.
- d. Wash your body.
- e. Repeat procedures a- d.
- f. Dry your body with a clean towel, and wear clean pajamas and underwear.

**Good luck with the surgery**