



Disinfection schedule for at home to prepare for surgery

patient information

You are having surgery soon. Good body hygiene reduces the risk of infections. To ensure the surgery and the subsequent recovery period go as smoothly as possible, please follow the recommendations below:

- Pay special attention to oral and dental hygiene: brush your teeth.
- Cut and clean your fingernails and toenails and remove all nail polish. Remove nail extensions.
- On the morning of the surgery, do not use make-up, body lotion or deodorant.
- Carefully wash your body according to the procedure below.
- A shower is preferred to a bath. If there is no shower or bath, wash at the sink.

Depending on the type of procedure and the amount of hair, it may be necessary to remove the hair from a specific part of the body.

If necessary, this will be done in the hospital using the appropriate technique. Please do not do this at home.

Take off any jewellery such as rings (including your wedding ring), watch, necklace, bracelet or earrings. Piercings must also be removed.

Leave all valuable items at home.

DISINFECTION TREATMENT

In addition to these general recommendations, follow the disinfection treatment below for which you received a prescription during the consultation.

- wash yourself with a liquid disinfectant soap once a day, for example Hibiscrub® or Iso-Betadine®.
- apply an antibacterial nasal ointment three times a day, for example Bactroban® or Chlorhexidine

Follow this treatment **for five days** up to and including the day before your surgery. Your hair only needs to be washed twice during this 5-day period (for example, on day 2 and day 4).

HOW DO YOU USE DISINFECTANT SOAP?

1. Make your hair, face and body wet.
2. Lather yourself completely with undiluted disinfectant soap:



Hair (\pm 5 ml)

Face and neck (\pm 5 ml)

Pay special attention to the area around your ears and nose. Avoid contact with your eyes.



Arms and chest (\pm 5 ml)

Back (\pm 5 ml)

Pay special attention to your armpits, breast folds and navel.



Legs and feet (\pm 5 ml)

Pay special attention to your toes and the soles of your feet.



Genitals and buttocks (\pm 5 ml)

Pay special attention to your genital parts and gluteal cleft.

3. Leave the soap on your body for one minute.

4. Rinse your body and hair meticulously. If you washed your hair, it is advisable to wash it a second time with regular shampoo.
5. Dry yourself with a clean towel. If you have dry skin, you can apply body milk. Only on the day of the surgery, you cannot use body milk.
6. Wear clean clothing.

HOW DO YOU USE ANTIBACTERIAL NASAL OINTMENT?

1. Blow your nose with a tissue.
2. Wash and dry your hands.



3. Squeeze about 1 cm of nasal ointment from the tube onto a clean cotton bud.



4. Apply the ointment to the front part of your nostril.

5. Repeat steps 3 and 4 for your second nostril.
6. Press on both sides of your nose to help spread the ointment inside.
7. Carefully close the tube.
8. Wash and dry your hands.

OTHER PRECAUTIONS

Do not use for an extended period without medical advice.
Read the package leaflet carefully.

HAVE I COMPLETED THE SCHEDULE?

Tick off when you have washed with disinfectant soap and when you have applied antibacterial nasal ointment:

	Day 1	Day 2	Day 3	Day 4	Day 5
Date					
Disinfectant soap (body: daily)					
Disinfectant soap (hair: twice a week)					
Antibacterial nasal ointment in the morning					
Antibacterial nasal ointment in the afternoon					
Antibacterial nasal ointment in the evening					

QUESTIONS OR ADDITIONAL INFORMATION?

If you have any questions, please contact:

Hospital hygiene department

tel. 016 34 62 62

ziekenhuishygiene@uzleuven.be

© March 2025 UZ Leuven

Duplication of this text and these illustrations shall always be subject to prior approval of the UZ Leuven Communications Department.

Design and Production

This text was composed by the hospital hygiene department in conjunction with the Communication Department.

This brochure is also available at www.uzleuven.be/en/brochure/700372.

Comments or suggestions pertaining to this brochure can be submitted via communicatie@uzleuven.be.

Published by
UZ Leuven
Herestraat 49
3000 Leuven
tel. 016 33 22 11
www.uzleuven.be

 mynexuzhealth



Consult your medical dossier
via nexuzhealth.com
or download the app.

