

# HOW TO WHOLE BODY WASH WITH ANTIMICROBIAL HIBIWASH®

## BONDS TO AND CARES FOR SKIN, WHILST KILLING GERMS.



**STEP 1:** Rinse yourself and then switch off the shower.



**STEP 2:** Wash your face with undiluted Hibiwash®, especially around the nose, avoiding the nostrils, eyes and ears.



**STEP 3:** Using downward movements wash your neck, arms, armpits, forearms and hands.



**STEP 4:** Continue washing your entire body, back and hips, and wash thoroughly around the groin area / crotch. Then work down to your legs and feet, paying attention between your toes.



**STEP 5:** After you've washed all of these important areas, rinse off under the shower.



**STEP 6:** Repeat steps 2 to 5, but this time start with the hair.



**STEP 7:** After you've washed all of these important areas, rinse off under the shower.



**STEP 8:** After the final rinse, dry yourself thoroughly with a clean towel and put on clean clothes.

**Use approximately 25ml of Hibiwash® on each washing. Cover the entire body thoroughly with Hibiwash® to effectively remove microorganisms.**

**Hibiwash® (chlorhexidine digluconate) 40mg/ml cutaneous solution. Non-prescription medicine.** Use: Disinfection of hands and skin in adults/ children before or after surgery, to prevent infections. Read the package leaflet carefully before use (updated 2025-02) at [www.fass.se](http://www.fass.se). Contact healthcare professionals for advice.

### CONTRAINDICATIONS / DO NOT USE

- If you are allergic to chlorhexidine digluconate or any other ingredient in Hibiwash, do not use this medicine
- DO NOT use Hibiwash in the eyes or middle ear. If you accidentally get the medicine in your eyes or ears, rinse immediately with plenty of water.
- Should not be used by healthcare professionals on nervous tissues, such as the brain and meninges (the membranes that surround the brain and spinal cord).

### WARNINGS

- If eye irritation occurs, or if signs of allergic reactions occur, discontinue use and seek medical attention immediately.
- Avoid contact with eyes, ears, mouth, and other mucous membranes.
- For external use only.
- This medication should not be swallowed.
- For patients with head or spinal cord injuries or perforated eardrums, the benefits of use in preoperative preparation should be weighed against the risks of contact with the solution.
- Hibiwash should not be used on deep or extensive wounds.
- It should not be injected or used in body cavities by healthcare professionals.
- Healthcare professionals should remove all soaked materials, sheets, or gowns before proceeding with the procedure.
- Do not use excessive amounts, and do not allow the solution to collect in skin folds or under the patient or drip onto sheets or other materials in direct contact with the patient.
- Hibiwash is flammable. Do not use with electrocautery or other sources of ignition until the solution has dried.
- Do not use for disinfection of surgical materials.
- Children and adolescents: Use with caution in newborns, especially premature babies, as the medicine may cause chemical burns.
- Do not use with other soaps as this may make Hibiwash less effective.

### \*AFTER WASHING WITH HIBIWASH®

- Do not use creams, powders, oils, hair care products, deodorants, perfume, make-up, nail polish or jewellery. They may reduce the effectiveness of the product.

FIND OUT MORE AT [WWW.MOLNLYCKE.SE](http://WWW.MOLNLYCKE.SE)

Hibiwash®  
bonded to skin



### With 4% chlorhexidine digluconate

1. Gillespie B.M. 2021. Worldwide incidence of surgical site infections in general surgical patients: A systematic review and meta-analysis of 488,594 patients. International Journal of Surgery. 95, p.106136.

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