

## SHOULDER REPLACEMENT PREOPERATIVE BATHING INSTRUCTIONS

Before your orthopedic surgery it is important to follow these instructions to reduce the risk of a surgical site infection. Do not shave any skin surface 72 hours prior to surgery. Men are allowed to shave their face.

Please use the **chlorhexidine 4% soap (Hibiclens)** that you were given at your preoperative visit as instructed below.

### Night BEFORE surgery

1. The night before surgery wash and rinse your hair, face, and body using your normal shampoo and soap. Rinse off completely.
2. Turn off the shower or step out of the shower stream.
3. Pour ¼ of the bottle of chlorhexidine 4% soap (Hibiclens) onto a wet, clean washcloth and apply to your entire body from the neck down. Do not use on your face, hair, or genital areas.
4. Rub the soap filled washcloth over your entire body for 3 minutes. You may apply more soap as needed. Avoid scrubbing your skin too hard.
5. Turn on the shower/return to the shower stream and rinse the soap off your body completely.
6. Pat your skin dry with a freshly-laundered clean towel.
7. Dress with freshly-laundered clothes and sleep with clean bed linens.

### Morning of Surgery

1. Shower and wash/rinse your hair, face, and body using your normal shampoo and soap. Rinse off completely.
2. Turn off the shower or step out of the shower stream.
3. Pour ¼ of the bottle of chlorhexidine 4% soap (Hibiclens) onto a wet, clean washcloth and apply to your entire body from the neck down. Do not use on your face, hair, or genital areas.
4. Rub the soap filled washcloth over your entire body for 3 minutes. You may apply more soap as needed. Avoid scrubbing your skin too hard.
5. Turn on the shower/return to the shower stream and rinse the soap off your body completely.
6. Pat your skin dry with a freshly-laundered clean towel.
7. Dress with freshly-laundered clothes.

Additionally for shoulder and elbow surgery, you will also need to use **5% Benzoyl Peroxide cream** prior to surgery. This can be purchased at your local pharmacy. The Benzoyl Peroxide cream can be any brand. This is found in the face wash/acne treatment area of drugstores. Our preference is to use 5% benzoyl peroxide cream, **but if you unable to find this, you can use a LOWER percentage benzoyl peroxide in a similar fashion.** The benzoyl peroxide cream will be used daily for 3 full days prior to surgery and the morning of surgery. Some patients may experience skin irritation with the benzoyl peroxide cream. It is recommended that you test a dime sized area on your hand or arm first to make sure you do not have a reaction to this before applying to your shoulder. If you develop any bumps or rashes on the operative extremity after using this, please call our office or send us a message through the patient portal. If you use the online portal, you will be able to send pictures as well. In rare cases, surgery may need to be postponed.

### Each morning starting 3 days BEFORE surgery.

1. Apply a half dollar sized amount of the cream/gel to front of your shoulder and your armpit.
2. Rub this thoroughly over your shoulder
3. Do not use deodorant or any other lotions, powders, or perfumes.

BENZOYL CREAM & HIBICLENS CALENDER		
Benzoyl Cream (AM)	Benzoyl Cream (AM)	Shower & Cream (Morning of Surgery)
Benzoyl Cream (PM)	Shower & Cream (Night before surgery)	

