

SHOWER PREP INSTRUCTIONS – Infection Prevention 101

Take a shower using special soap the night before and the morning of surgery.

Example: If surgery is on Monday, take a shower with special soap on Sunday night and Monday morning.

Directions:

1. Wash all areas as normal – then rinse
2. Pour the special soap on a wash cloth.
3. Wash all areas of your body, except face, hair and genital area, with the special soap – scrubbing for 3 minutes.
4. Wash the area where you are going to have surgery thoroughly.
5. Rinse as usual. Dress as usual

Your surgeon recommends this special soap to reduce the amount of germs on your skin prior to surgery. This is one of the best ways individual patients can help in lowering the risk of infection.



If you have an infected tooth, any open wounds, cuts, scratches, rashes, or any odd skin conditions, or any symptoms of other infections, it is important that you notify your surgeon. He will want to assess these situations closely before operating on you. This is very important to protect against infection as a minor cut that may become infected can migrate in the bloodstream to your joint. The best way to prevent this is to prevent these cuts, abrasions, etc from occurring. If they do occur, let your surgeon know about them.