



BARRINGTON
Orthopedic Specialists
Specializing in You

PREVENTION OF INFECTION: SHOULDER SURGERY

SKIN PREPARATION

The shoulder is a unique joint in the body not only because of structural differences but because the surrounding skin contains a unique concentration of sweat glands and hair follicles that contain micro-organisms. This is normal for all patients. These organisms, if present in high quantities, can cause conditions such as acne and other skin disorders. Shoulder surgery carries a risk of contamination with some of these micro-organisms. We recommend you participate in preoperative skin preparation to minimize contamination and to prevent infection.

SUPPLIES NEEDED:

- 1 bottle of over-the-counter PanOxyl® (or similar brand) 10% benzoyl peroxide *acne foaming wash* (available at stores like Walgreens, Walmart, CVS, and Osco Stores). You may ask your pharmacy for the acne washes which is where this is typically located. Again this is designed to eliminate the bacteria that cause acne.
- A clean washcloth.

INSTRUCTIONS:

- 3 days prior to the day of surgery and the morning of surgery.
- Shower or bathe normally. Use your usual soap and water for your body as you normally would.
- Rinse well
- Apply plenty of PanOxyl® using a clean washcloth to your entire shoulder, neck, and **armpit** on the surgical side. Avoid your genitals and mucous membranes.
- Leave on for three (3) minutes, then rinse well.
- Pat dry.
- Do not apply lotions or cream to washed area after using PanOxyl®.
- **Repeat for one (1) additional day.**

THE MORNING OF SURGERY:

- Repeat benzoyl peroxide skin cleanings as instructed above.

WHEN YOU ARE AT THE SURGICAL FACILITY:

- Make sure to tell healthcare providers that you completed the three (3) benzoyl peroxide skin cleanings.