

Underarms Cleaning

General Post-Operative Instructions for Underarms Cleaning

What should be used to clean under the arm following shoulder surgery?

Use warm water only. Avoid using soaps or deodorant, as these tend to irritate the skin under the armpit area.

What if a patient develops a rash following a shoulder procedure?

Take a washcloth and add rubbing alcohol on it. Slide it back and forth under the armpit area to help cleanse and reduce any itching.

Also, purchase (from your local pharmacy) ABD pads and baby powder with cornstarch. Place the ABD pad under the arm, changing it daily and apply the baby powder daily to help absorb moisture.