

Mark each check box once complete

- 2 days before surgery
- 1 day before surgery
- Morning of surgery

Infection Prevention... And You!

How to Shower Before Shoulder Surgery

Follow these instructions 2 days before, the day before and the morning of your surgery.

What you will need:

- Hibiclens®
- Clean washcloth
- Clean towel
- Benzoyl peroxide

Questions?



If you have any questions about showering before surgery, please call your surgeon's office at 207-773-0040.

What to do

1. Shower as you normally would with your regular soap and shampoo. Rinse off thoroughly.
 - » Do not shave 24 hours prior to surgery.
2. Turn off the water.
3. Squeeze half of the bottle of Hibiclens® onto a clean, damp washcloth.
4. Use the washcloth to gently wash your body from the neck down. Avoid your eyes, face, ears, and private areas.
5. Continue to gently wash your body for 3-5 minutes. Be sure to wash the shoulder you are having surgery on.
6. Turn the water back on and rinse your body off.
7. Turn water off again.
8. Apply benzoyl peroxide to the washcloth and gently wash your upper body. Be sure to wash the shoulder you are having surgery on. Continue to gently wash for 3 - 5 minutes.
9. Turn water back on and rinse your body well.
10. Pat yourself dry with a clean towel.
11. Get dressed in clean clothes.
 - » Do not use lotions, creams or powder after showering.
 - » Do not use deodorant on the day of your surgery.
 - » Do not drink Hibiclens®. For external use only.

