



PREVENTION OF INFECTION: JOINT REPLACEMENT

1. Skin Preparation: Introduction

Cleaning the skin before surgery is an important first step in reducing the risks of infection after a surgical procedure. Your participation in bathing with a specific cleansing soap prior to surgery is recommended.

Supplies Needed

- 1 bottle of over-the-counter chlorhexidine gluconate (Hibiclens®) solution available at drugstores (Walgreens, Walmart, CVS, Osco)
- A clean washcloth

Instructions

- 2 days prior to surgery, shower normally using usual soap, do not shave below the neck
- Rinse well and then apply the chlorhexidine soap using a clean washcloth to your entire body from the shoulders down (avoid genitals, anus, eyes, and nose/mouth)
- Leave on three (3) minutes and then rinse well
- Pat dry. It is normal for the skin to feel tacky or sticky for several minutes but this is temporary
- Do not apply any lotions or cream after cleaning
- Repeat one (1) additional day prior to surgery, and *again the morning of surgery*

2. Decolonization of the nose

Bacteria that live in the nostrils are known to be related to development of infections after surgery. It is recommended you follow the below protocol to minimize the burden of these bacteria.

Supplies Needed

- Mupirocin ointment 2%: this will be called into your pharmacy

Instructions

- Starting five (5) days before surgery, apply as directed with a cotton applicator to each nostril twice (2x) daily; when applying you can pinch the nostril(s) closed and rub for thirty (30) seconds
- Repeat until the morning of surgery