

Preparing Your Skin Before Hip or Knee Replacement Surgery

Adam Cien, DO

Ascendant Orthopedic Alliance



ADAM J. CIEN, DO

Orthopaedic & Joint Replacement Surgeon
www.dradamcien.com | (574) 247-9441



How to use the nasal ointment (Mupirocin 2%)

Do not put any medicine on the outside of your nose during these 5 days. Do not put any sprays or other medicines in your nose during these 5 days.

You will get a prescription for your ointment. It may come in small, single use tubes or in one larger tube.

1. Wash your hands with soap and water for 15 to 20 seconds before you use your ointment.
2. Tilt your head back. Use a cotton swab to put the ointment inside each nostril:
 - a. If you have the small tubes, use half of a tube inside each nostril each time. Throw away the small tube and use a new one next time.
 - b. If you have the large tube, use a pea-sized amount of ointment inside each nostril each time. Save the large tube and use it each time.
3. Press your nostrils together and rub for about one minute.
4. Do not get the ointment near your eyes. If any of it gets into your eyes, rinse them well with cool water.
5. Wash your hands with soap and water for 15 to 20 seconds as soon as you are finished.

Instructions for Chlorhexidine (CHG) Shower/Bath

CHG bathing is done to decrease the number of potentially harmful germs on the patient, which decreases the risk of getting a postoperative infection.

- Patients who are known to have MRSA, VRE or any other multi-drug resistant organisms should bathe daily for at least 2 days (or up to 5 days if advised by your surgeon) before surgery with CHG antiseptic solution.
- Patients who do not have a history of MRSA or VRE or other multi drug resistant organism or infection should receive a bath or shower for at least 2 days before surgery, then the morning of surgery, with CHG soap.

Gather the supplies:

- Antiseptic solution – a 2% to 4% chlorhexidine gluconate (CHG) solution (a brand name is Hibiclens, which can be purchased at your local pharmacy)
- Clean wash cloths (2-3)
- Clean towels and clean sheets
- Clean (freshly washed) clothing to put on after bathing

Using CHG in the shower*:

1. With each shower, wash and rinse your hair first using your normal shampoo. Make sure you completely rinse the shampoo from your hair and body.
2. Apply the antiseptic solution (CHG) to a wet clean washcloth. Turn the water off in the shower or move away from the water spray to avoid rinsing the soap solution off, then lather your entire body, except your face. **DO NOT USE CHG ON YOUR FACE.**
3. Once you have completely lathered-down your entire body, concentrate for 3 minutes gently washing and lathering your surgical site area.
 - Do not shave any parts of your body.
 - Pay particular attention to skin folds under the breast and the armpit area.
 - Avoid scrubbing too hard – you don't want to irritate or break the skin.
 - Never use the antiseptic solution on your face or near your eyes.
4. Once you have completed the scrub, turn the water on and rinse the CHG solution off your body completely. CHG can be drying and irritating to the skin if left to dry.
5. Do not wash with regular soap after you have used the CHG solution.
6. Pat yourself dry with a clean freshly washed towel. **DO NOT** apply any powders, deodorant, or lotions. Dress with freshly washed clothes. Place clean, freshly laundered sheets on your bed to avoid re-contamination of your skin from cells shed on previous nights.

**if you do not have a shower, use the CHG solution when you bathe in place of your regular soap. Wash your entire body (except face), concentrating on crevices or skin folds. Rinse off the CHG soap solution with warm tap water (place in a basin or in the sink). Do not attempt to do this bathing in a tub, as the bath water will wash off the CHG soap too quickly.*

ADAM J. CIEN, DO

Orthopaedic & Joint Replacement Surgeon
www.dradamcien.com | (574) 247-9441