



PREVENTION OF INFECTION: SHOULDER REPLACEMENT

1. Skin Preparation

The shoulder is unique from other joints in the body owing to the proximity of sweat glands and hair follicles that harbor special micro-organisms (“bugs”). While these micro-organisms are normal in all patients, they can cause inflammatory conditions such as acne if present in high quantities. Shoulder replacement carries a small risk of contamination with some of these micro-organisms. While we clean and disinfect the entire surgical area the day of surgery, there are some extra steps before the surgical date you can take to minimize the risk of contamination. We recommend you participate in the following protocol as an added precaution.

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:

- 2 days prior to the day 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.



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2. Decolonization of the nose

Bacteria that live in the nostrils are also known to be related to development of infection after replacement surgery of any kind. Below is an additional protective measure we recommend you follow to minimize the burden of bacteria that could potentially contaminate a shoulder replacement incision.

Supplies Needed:

- Mupirocin ointment 2%: this will be called into your pharmacy
- Cotton applicator (Q-tip)

Instructions:

- Starting five (5) days before surgery, apply a small amount of ointment directly into the nostril with a cotton applicator; after applying, pinch the nostril closed and rub for thirty (30) seconds, and then repeat on the other side for the second nostril; repeat twice (2x) daily
- Repeat until the morning of surgery