

Preparing for Total Joint Surgery

Preoperative Shower Instructions

To reduce the risk of a post-operative wound infections, the Surgical Navigation Department at Northern Light Eastern Maine Medical Center provides patients with Chlorhexidine soap to use prior to surgery. Please follow the instructions below carefully.

Do not use if you are allergic to Chlorhexidine Gluconate

Beginning five (5) days before your surgery

- Please wash your hair and body with your regular soap and shampoo.
- Then, with two ounces of Chlorhexidine soap, wash from the neck down including your groin.
 - Do not use this soap on your hair or face.
 - Place the soap on a clean washcloth or bath sponge. Wet your body, then step out of or turn off the water. Cover your body with the soap and let it stay on your skin for 1 minute, then wash off.
- Rinse well.
- Dry off with a clean towel.
- Please put on clean clothes.

Repeat the steps above each day. The day before your surgery, please bathe in the evening (instead of the morning).

Night before surgery

- After repeating the steps above, please put clean sheets on your bed.

Morning of your surgery

- Repeat the steps above.

Do not use any powders, deodorants, or skin lotions after your showers.

Please do not shave the surgical site for one week prior to your surgery. Do not shave anywhere starting 24 hours prior to your surgery.

For more information, please contact

Northern Light Eastern Maine Medical Center Surgical Navigation | 207.973.5456 | northernlighthealth.org