Showering before Joint Replacement Surgery

3 Showers, 3 Days, Fewer Germs

May 23, 2012
Hip & Knee Replacement Patients

• *Surgical site infections can be prevented*

• Ask your surgeon about the importance of showering or bathing with Chlorhexidine Gluconate (CHG) soap or Hibiclens
Purpose

• Before surgery, your body needs to be cleansed with a special soap
• This is because all humans have bacteria and germs that live on their skin
• When you have surgery, these bacteria can sometimes cause an infection
Chlorhexidine Gluconate (CHG)

- Also known as Hibiclens
- *DO NOT* use this soap on your face or genital area, as this may cause irritation
- *DO NOT* use this soap if you have an allergy to CHG or any of the active ingredients in the soap
- You will receive this soap in your preadmission testing appointment (PAT) & it is available at most pharmacies
3 Showers, 3 Days, Fewer Germs

• It is essential that you take 3 showers; shower once a day with the soap prior to your joint replacement

• You can take your third/final shower the morning of your surgery or the night before

• Remember to account for the fact that you need to shower 3 times/3 days with the soap
Your First Shower

• *Two or three days before your surgery:*
  – Use a fresh, clean washcloth and 1/3 of the bottle of soap; wash from your neck down
  – You should take the time to scrub the hip or knee that you are having surgery on with the soap
  – *DO NOT* shave the surgical area
  – Make sure that you rinse your body thoroughly
  – Use a fresh, clean towel to dry your body
Your First Shower

• After your shower, dress in freshly washed clothes
• Fresh, clean sheets and pillowcases should be used after this shower
• *DO NOT* use lotions, powders, or creams after this shower
Your Second Shower

- *One or two days before your surgery:*
  - Repeat the shower instructions from the day before
  - Remember *DO NOT* shave the surgical area
  - Remember *DO NOT* use any lotions, powders, or creams after you shower
  - Dress in fresh, clean clothing
Your Third Shower

• *The day of surgery or the night before:*
  – Repeat the shower instructions from the day before
  – Remember *DO NOT* shave the surgical area
  – Remember *DO NOT* use any lotions, powders, creams, or deodorant after you final shower
  – Dress in fresh, clean clothing
What to wear to the hospital

• Dress warmly in fresh, clean, comfortable clothes

• Keeping warm before surgery decreases your risk of developing an infection

• Please complete the showering checklist that you received in preadmission testing and bring it in with you when you come in for your surgery
Questions?

• If you have any questions about showering before your joint replacement please call the Orthopedic Nursing Unit at 315-448-5410 and ask to speak to a nurse

• Thank you for choosing Saint Joseph’s Hospital Health Center for your joint replacement needs