



**OLYMPIA  
ORTHOPAEDIC  
ASSOCIATES P.L.L.C.**

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## **Preoperative Cleansing Instructions**

### **THE NIGHT BEFORE YOUR SURGERY:**

- Please shower and wash your body with regular soap.
- Once rinsed, apply an antibacterial soap such as Dial or Hibiclens (available at Walmart, Target or any drug store) Wait 2-5 minutes before rinsing thoroughly, then use a clean towel to dry your skin completely.
- DO NOT apply any lotions, creams, moisturizers, or deodorants.
- Sleep in clean clothes and on clean sheets.

### **THE MORNING OF YOUR SURGERY**

- Repeat the bathing process from the previous night being sure to NOT apply lotions, creams, moisturizers, or deodorants afterwards.
- To avoid irritation or damage to the surgical site, please use caution when cleansing the skin. Avoid shaving the operative extremity at least 2 days prior to surgery.

**\*\*\*If you are having a Joint Replacement, avoid shaving the operative extremity 7-10 days prior to your surgery. If you notice skin irritation at the surgical site, please contact your physician as soon as possible.**

**If you have any questions, please contact your Surgical team**

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