



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Pre-operative Showering Instructions

At the Hunterdon Orthopaedic Institute, we are very interested in keeping you safe and free of infection. Studies show that bathing with an antibacterial soap prior to surgery reduces the risk of post-operative infection and shaving increases that risk.

We recommend that you shower with antibacterial soap (chlorhexidine) the evening before your surgery. You will be given a 4 ounce bottle of antibacterial soap at the time of your surgery scheduling.

Please do not shave the surgical area within 72 hours prior to surgery and do not use any creams or oils on your skin after your antibacterial soap shower.

Directions for your showers:

- Take a shower the night before your surgery using one-half of the bottle of antibacterial soap; rinse well.
- Wear clean nightclothes.
- On the morning of your surgery, shower with the remaining antibacterial soap.
- Put on clean clothes and report to the Hunterdon Center for Surgery / Hunterdon Medical Center Admitting.