



Mammoth Orthopedic  
Institute

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[www.MammothOrtho.com](http://www.MammothOrtho.com)

### **Pre-Operative Skin Prep Before Shoulder Surgery**

Benzoyl Peroxide 5% gel has been shown to reduce the risk of infection following shoulder surgery. The gel is to be applied beginning 48 hours prior to surgery as outlined below. In addition, please use a spray deodorant instead of stick or roll-on for 24 hours prior to surgery.

**Warning:** It is suggested to wear a cotton t-shirt as the Benzoyl Peroxide may bleach your clothing.

**\*Only apply gel to the side of the planned surgery (right or left shoulder)**

#### **Two days prior to surgery:**

**Morning:** Shower with anti-bacterial soap, dry well, then apply the gel (about a quarter size dollop) onto the skin of the affected shoulder. Apply to the side, front and back of the shoulder and over the armpit area. This should be gently rubbed onto the skin, as if you are applying sunscreen lotion. The gel will not be visible.

**Night:** Reapply the Benzoyl Peroxide gel as above.

#### **One day prior to surgery:**

**Morning:** Shower with anti-bacterial soap, dry well, apply gel to the shoulder skin and armpit on the affected shoulder. Use only a spray deodorant if one is used as above.

**Night:** Reapply the Benzoyl Peroxide gel as above.

#### **Surgery day:**

**In early AM:** Shower with anti-bacterial soap, dry well, apply gel to the shoulder skin and armpit of the affected shoulder. Use only a spray deodorant if one is used as above.

**For more information, please go to the website, [www.MammothOrtho.com](http://www.MammothOrtho.com), or call 760-924-4084**