

Pre-Operative Prep

The following measures should be done before your spine surgery to help prevent post-operative wound infections:

Step 1: 2% Bactroban Ointment (prescription supplied)

Ointment needs to be applied to both nostrils, twice a day, using a Q-tip, for 4 days before surgery, and the morning of surgery – for a total of 5 days (or 9 doses)

Begin on: _____

Step 2: Preparing the Skin Before Surgery:

Preparing or “prepping” the skin before surgery can greatly reduce the risk of infection at the surgical site. The skin prep, “Hibiclens” (Chlorhexidine Gluconate), 4 oz bottle, may be purchased at the local pharmacy.

Night Before Surgery and Morning of Surgery:

Skin must be prepped on the night before surgery (approx 7 pm). and then again on the morning of surgery. Use half the bottle (2 oz) each time you shower.

*In the shower, wet skin and, with a clean wash cloth, apply Hibiclens liberally from the neck down over the chest, arms, and body. Be sure to wash the surgical area thoroughly for an additional 2 minutes. You may need a family member to assist you. Wipe surgical area in a back-and-forth motion.

*Rinse thoroughly

**** Warning ****

*Do Not use if you are allergic to chlorhexidine gluconate or any other ingredient in the preparation solution. If so, shower with antibacterial soap in the same manner.

*Do Not allow this product to come in contact with your eyes, ears, mouth, genitals, or open wounds.

*Do Not apply any soaps, perfume/cologne, after-shave, make-up, lotions, moisturizers, hair care products, etc. after skin prep.

*Chlorhexidine Gluconate is absorbed by cotton washcloths and may cause discoloration.

Please Remember:

*Do Not shave any body parts the day of surgery
(neck, legs, under arms, genital area)