

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. 7pm) and then again on the morning of the 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).

