



## PRE-OPERATIVE SKIN PREPARATION FOR JOINT REPLACEMENT SURGERY

### A GUIDE FOR PATIENTS

Hip joint replacement and resurfacing procedures fortunately have a low risk of infection due to a combination of measures undertaken during and around the time of surgery. To achieve optimal skin condition prior to your procedure and to ensure the lowest risk of infection, I recommend the following:

- Avoid activities that may result in cuts or scratches to the leg for 2 weeks prior to surgery. Infected cuts, even if far away from your hip, may require your procedure to be delayed.
- Do not shave the hip area prior to surgery. Skin irritation caused by shaving may increase the risk of infection. If hair removal is required, we will conduct this at the time of surgery.
- Pre-operative antibiotic showers can reduce the number of bacteria present on the skin. Wash with either Chlorhexidine 2% solution or PhisoHex 1% daily for 5 days prior to surgery (excluding the head and facial regions). You can obtain Chlorhexidine solution from our office or alternatively PhisoHex 1% is available without prescription from most pharmacies. If you miss a wash (or forget) it is still safe to proceed with your procedure, as we will be washing your hip area with surgical grade Chlorhexidine at the time of surgery.
- If you have any concerns about a cut, abrasion or your suitability for surgery please contact the clinic early (do not leave until last minute) to allow evaluation and (if necessary) alternative arrangements to be made.
- After your procedure, do not rub oils or lotions into the wound until we advise (generally do not start until 6 weeks after your procedure).

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