



## **CHIGGERS, STICKERS & CATS, OH MY!**

It is very important for the skin over the proposed surgical site and the entire extremity to be free of any scratches, insect bites or blemishes when you arrive for surgery. These can put you at increased risk for infection and sometimes will require postponing your surgery until the skin is clear.

A seemingly very minor scratch can harbor millions of bacteria and put you at increased risk! Even a bite or scratch below the surgical site, such as on the foot, can shower the lymphatic system and blood stream with bacteria and still increase the risk for infection.

Therefore, we recommend in the month before your planned joint replacement surgery you take the following precautions to avoid scratches:

- Wearing long pants, shoes and socks when outdoors
- Avoid excessive contact with cats and other pets
- Stay out of the ticks, chiggers and mosquitoes

Prior to surgery, please let Dr. Lawrence or the preop nurses know if you have any areas of skin that are concerning.

In addition, it is very important that four days prior to your surgery, you should start washing your surgical area with CHG cloths or Hibiclens and using the Bactroban nasal ointment. The CHG/Hibiclens product can be purchased at most drug stores. You will want to use this in the shower to scrub the area that is going to be operated on. Be very generous with the amount that you use and the size of the area that you wash. It is very important to use this scrub for four days prior to your surgery. It is not necessary to use a scrub brush to the area. Use a gentle cloth and wash the area in a circular motion for at least five minutes. The Bactroban nasal ointment and Peridex mouthwash are prescriptions that will be called into your pharmacy prior to surgery.

Thank you for adhering to these simple measures that can assist you in having a successful outcome with your new joint!