

# Dr Philip Dalton

Orthopaedic Surgeon  
Knee, Hip & Shoulder Surgery



Senior Lecturer (UQ)

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## Antiseptic shower

- It is important to have your skin as clean as possible prior to surgery to reduce your risk of infection
- Most infections come from the normal "flora" of bugs on your skin
- In the week leading up to surgery shower thoroughly each day
- The antiseptic surgical sponge should be used
  - The night before and morning of surgery for
    - joint replacements
    - shoulder surgery
    - ACL surgery
    - other surgeries as instructed by Dr Dalton
  - Some surgeries only require an antiseptic shower on the morning of your surgery
    - eg arthroscopic surgery
- The antiseptic sponge is not a scrubbing brush
  - it makes a foamy / soapy lather
  - it is safe to use over your whole body but perhaps not through your hair
  - leave it sit on your skin for 3-4 minutes so it can penetrate into your skin
  - rinse off as you would with normal soap
- Please ask if you have any questions