

## **Shoulder Surgery Patients** **Benzoyl Peroxide (BPO) Gel Shower**

- Acne Vulgaris is caused by a bacterium known as C. Acnes that is frequently found in the sebaceous glands of the skin of the shoulder and axillary regions.
- BPO gel has been used successfully in the clinical setting to treat this infection due to its enhanced follicular penetration of the sebaceous glands.
- Consequently, BPO is a promising pre-surgical skin treatment to decrease the C. Acnes burden and decrease the risk of wound infection.
- If you are allergic to BPO or for any other reason you cannot wash with BPO then please follow these instructions using an antibacterial soap (such as Dial)
- Follow these instructions to reduce your risk of infection.

### **Shower or bathe one time a day for 3 days prior to and the morning of surgery with 5% BPO gel:**

Step 1: A prescription for 118ml of 5% BPO gel will be written for.

Step 2: Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse completely.

Step 3: Turn off the shower or step out of the bathwater.

Step 4: Pour a small amount of the BPO gel onto a wet, clean washcloth and apply to the affected shoulder and axilla **ONLY**. Allow to sit for **3 minutes**. Apply more soap as needed (1/4 of the bottle should be used with each shower)

Step 5: Turn on the shower or return to the bath and rinse the liquid gel off your body.

Step 6: Towel dry.

### **24 hours before surgery:**

- Do not apply lotion, powder, or deodorant to your body.
- Do not shave or remove any body hair below the neck (facial shaving is permitted)

Note: Stop, using the soap and call your doctor if you have a skin reaction such as severe burning, itching, redness, blistering, peeling, swelling, rash or other severe irritation