

Pre-Surgical Skin Preparation Instructions:

These guidelines are provided as a preventative measure to help reduce the amount of bacteria on your skin prior to surgery. Proper skin cleansing helps decrease the risk of postoperative infection.

The Night Before Your Surgery wash the surgical site as directed in the Pre-Surgery Scrub handout provided with your bottle of Beta-Sept scrub by the pre-operative nurse at either:

The Surgery Center of Fairbanks/Fairbanks Memorial Hospital

Follow the instructions carefully.

The Morning of Your Surgery shower and wash as you did the night before.

After your shower, re-wash the surgical shoulder, hip, or knee using the guidelines below.

Use the E-Z Scrub sponge (provided by our office) with the Beta-Sept scrub. Use a generous amount and work up a good lather.

If You Are Having Shoulder Surgery:

Scrub the entire surgical arm (front and back), starting just below the earlobe, Wash down the neck and continue all the way to your fingers. Pay special attention to the armpit area, as this is where bacteria commonly accumulate. Scrub the entire area for approximately 3–4 minutes, ensuring all areas of the neck, shoulder, and arm are thoroughly cleaned. Scrub under the armpit for approximately one full minute.

If You Are Having Knee Surgery:

Scrub from mid-thigh to mid-calf, covering both the front and back of the leg. Ensure thorough cleansing of all surfaces within this area.

If You Are Having Hip Surgery:

Scrub the entire hip area, including both the front and back. Make sure all surrounding skin is thoroughly cleaned. After washing rinse thoroughly.

Pat dry with a clean towel.

Dress as normal.

Do NOT apply deodorants, lotions, powders, perfumes, or oils to the surgical area.

If you have any questions, concerns, or problems, please contact our office. We are happy to assist you.