

Helping to Prevent Infection Prior to Shoulder Surgery

5% Benzoyl Peroxide (BPO) Gel Instructions

1. Although infection following shoulder surgery is relatively quite rare there is recent evidence that using topical Benzoyl Peroxide Gel on your shoulder may help to further decrease this chance. In addition to the Hibiclens wash.
2. Pick up 5% Benzoyl Peroxide Gel. This can be found OTC (over-the-counter). It may be advertised as “Acne Medication,” and may be found either at the pharmacy or in the health and beauty department.
 - a. Common pharmacies and stores that carry this product:
 - Target
 - Walmart
 - CVS
 - Walgreens
3. Apply the gel to the surgical shoulder and armpit area starting 3 days prior to surgery
4. This should be applied in the morning and left on the skin for a total of 3 minutes. After 3 minutes, you should take a shower and wash the gel off.
5. Please still wash with the Hibiclens anti-bacterial soap the night prior and morning of surgery. This would be your last BPO treatment the morning of surgery.

****We highly encourage that our patients comply with this recommendation. It reduces the risk of infection after surgery, specifically minimizing the amount of Cutibacterium Acnes (C. Acnes) bacteria.**

Most common products of BPO treatment:

- Clean & Clear Persa-Gel 5

- Rugby Clear Up Acne Pimples
- Perrigo Benzoyl Peroxide (5%)

