

## Dr. Jamieson's Showering Instructions Before and After Surgery

### **Before Surgery:**

Skin has natural bacteria that may pose a risk for infection. Your skin will be cleaned with antiseptic before your surgery, but the antiseptic can work better if your skin is **clean** prior to surgery.

To clean your skin before surgery, please shower with the antiseptic chlorhexidine gluconate soap (**Hibiclens**) that we provided in clinic. **Dial® bar soap** may also be purchased as an alternative to Hibiclens if you are allergic.



- For best results, shower both the evening before and day of your surgery (do **not** use the Hibiclens on your face or hair). You may use this soap to shower the entire week leading up to your surgery.
- Do not shave your leg or foot where the surgery will be done. This will be done by the nurses the day of surgery.
- Use gentle friction with a washcloth or soft sponge to remove dirt, let the soap rest on the skin for about 1-2 minutes then rinse thoroughly, and avoid rough scrub brushes and harsh scrubbing.
- Do not use lotion, cream, powder, deodorant, or perfume after washing.
- Please remove any nail polish that is on your toes prior to surgery and practice appropriate toenail grooming.
- Wear clean and comfortable clothes the day of your surgery.

## After Surgery:

- Immediately after surgery you will need to keep your surgical dressing or splint **CLEAN AND DRY**. If your dressing or splint becomes wet or dirty please call Dr. Jamieson's office *immediately* so a new clean one can be applied. **720 516 9417**
- It is easiest to take baths while your surgical dressing is in place and keep your leg elevated out of the tub. If you choose to shower, a shower chair is recommended.



You can use a shower bag (available for purchase in most pharmacies or on Amazon) or a plastic/garbage bag secured with tape.

## After (2 week visit) Suture Removal:

- You may start showering the day **AFTER** your sutures are removed.
  - Use antibacterial soap like Dial®, Lever®, or Safeguard® (body wash or a new bar of soap) or the Hibiclens you used before surgery.
  - Let soap and water run over your foot/leg but no scrubbing the surgical area. Pat the area dry with a clean towel and keep your incisions covered with clean gauze and/or a bandage.
  - The steri-strips placed over your incisions will fall off on their in approximately 10-14 days. You can remove them if they appear dirty.
  - Do **NOT** submerge the incision site in a bath, pool, hot tub, or hot springs for another 4 weeks after your sutures are removed.
- \*\*If you are in a walking boot please remove the inner lining every 3-4 days and clean it in soap and water and let it air dry. It is also good to wipe it down with an anti-bacterial wipe daily.**