



Pre-Surgery Instructions Dr. Bents

- Do not eat anything after midnight the night before your surgery.
- You may drink **clear liquids only** (water, tea, clear blue or orange Gatorade Zero or black coffee) up to 2 hours before your arrival time to the hospital or surgery center. Do not add anything to the liquids, including creamer to your coffee.

Drinking anything other than the above will cancel your surgery!

- Review your medication list for instructions on what to discontinue, what to start, and when.
- If you were prescribed or given a walker, crutches, sling, or brace, please bring to the hospital or surgery center.
- Do not shave or wax the surgical area.
- Begin cleansing your skin **3 days prior to surgery (5 days for joint replacement surgeries)** with Chlorhexidine antiseptic skin cleanser (brand names Hibiclens, Ezy-tm, Dyna-Hex, Exidine and store brands). Chlorhexidine is available over-the-counter at most drug store/pharmacies.
 - Wash your face and hair as usual.
 - Wet your entire body. Turn the water off. Apply just enough of the cleanser to lather your entire body including surgical site, underarms, navel and groin areas. **DO NOT** use the cleanser on your face, eyes, inner ears, mouth, genital or rectal area.
 - Scrub and rub for 5 minutes.
 - Turn water back on and rinse your entire body.
 - Put on clean clothing.

*If your surgery is a **Shoulder Arthroscopy**, please use a Clearasil wipe to generously clean the shoulder and arm pit area after the above regimen. This step specifically targets and cleanses the glands in the area to remove any remaining bacteria.*

If you have any questions, please call us between 8:30 a.m. and 4:30 p.m. at (541) 472-0603.