

Patient Instructions – Preoperative Skin Antisepsis for Anterior Cruciate Ligament (ACL) Repair Surgery

You have been scheduled to have ACL repair surgery. The scientific evidence strongly suggests that preoperative skin antisepsis reduces risk of surgical infections. Please follow the instructions outlined below carefully.

1. **DO NOT SHAVE** surgical limb for 3 days prior to surgery. Shaving with a razor prior to surgery increases the risk of infection. Your surgical knee will be shaved with an electric clipper immediately prior to the surgery.
2. Your surgeon will give you a prescription for two chlorhexidine scrub cloth packets. Each package will have 2 scrub cloths. The product is latex free. Please make sure that you read the package instructions.
3. The night before surgery, shower as usual with regular soap and shampoo. Rinse off soap and shampoo residue. Dry the surgical area properly. **DO NOT APPLY LOTIONS/GELS/CREAMS etc.** to the surgical area. Open the chlorhexidine packet prescribed to you. Use one cloth for the front and one for the back of the knee. Gently scrub the skin back and forth from ankle to thigh for 3 minutes. Make sure you wash your hands after this so there is no contact of the solution with eyes, ears, and mouth. Allow the area to air dry for 2 minutes before dressing. **DO NOT RINSE** the surgical area after the chlorhexidine scrub.
4. Repeat the routine described in #3 on the morning of surgery. Again, remember not to apply lotions/creams/gels to the surgical site.