

# 5% Benzoyl Peroxide Gel Instructions

## Dr. Shawn Hennigan

1. Pick up 5% Benzoyl Peroxide Gel. This can be found over the counter. It may be advertised as “Acne medication,” and may be found either by the pharmacy OR in the health and beauty department.

Common pharmacies and stores that carry the product:

- Target
- Walmart
- CVS
- Walgreens

2. Apply the gel to the surgical shoulder and armpit area starting 3 days prior to surgery.
3. 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.
4. ThedaCare provides CHG wash with instructions to wash the night prior to surgery, as well as morning of surgery. This would mean your last BPO treatment would occur the morning before surgery.

**\*\*We *highly* encourage that our patients comply with this recommendation. It significantly reduces the risk for infection after surgery, specifically minimizing the amount of Cutibacterium acnes (C. Acnes) bacteria. Nearly 50% of shoulder arthroplasties cultured at time of revision replacement test positive for C. Acnes.\*\***

