



Benzoyl peroxide gel (5%) is recommended before open shoulder surgery to significantly reduce *Cutibacterium acnes* bacteria and prevent surgical site infections. It costs about \$10, and available on Amazon and all drugstores.

Instructions:

Start 2 days before surgery,

Apply about 1-2 tablespoons, twice daily (morning and night) to the shoulder, armpit, and along the upper back. Rub the gel onto clean, dry skin.

Repeat 1 day before surgery, and again on the morning of surgery, if possible. This will be 5 total doses.

Precautions: BPO can bleach clothes, bedsheets, and towels! Do not shave or wax the surgical area for 2 days prior to surgery to avoid irritation.

If severe skin irritation or signs of an allergic reaction develop, stop use.