

Cleaning your home during your treatment

- Change your bedsheets, pillowcases and towels each day.
- Wear clean clothing after showering.
- Clean frequently touched surfaces each day using a clean cloth and detergent. Discard the cloth after use.
- Ensure all members of the household have their own towels.

To help you remember your treatment, please tick these boxes:

Date started:

Day 1 Wash Ointment 1 Ointment 2

Day 2 Wash Ointment 1 Ointment 2

Day 3 Wash Ointment 1 Ointment 2

Day 4 Wash Ointment 1 Ointment 2

Day 5 Wash Ointment 1 Ointment 2

Please bring this brochure with you when you come to hospital regardless of whether you have completed the 5 days of treatment.

Where can I find more information?

If you have any questions, please contact your surgeon.

Disclaimer: This factsheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject.

References

Adapted from Clinical Excellence Commission. 2020. Infection Prevention and Control Practice Handbook.



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Preparing your skin for surgery

Reducing Staphylococcus aureus and MRSA on your skin





Why do I need to prepare my skin for surgery?

Your recent test showed that you have a bacteria (germ) called *Staphylococcus aureus* on your skin. It is important to reduce this bacteria on your skin, to prevent infection after your surgery. Decolonisation is a treatment which reduces this bacteria.

What is *Staphylococcus aureus*?

Staphylococcus aureus (also called Golden Staph) may be part of your normal skin bacteria. Most of the time, it lives in your nose or on your skin without causing any problems. This is called **colonisation**.

In some cases, the bacteria may be hard to treat with common antibiotics and are called Methicillin Resistant *Staphylococcus aureus* (MRSA).

These bacteria are usually harmless but if you have open wounds (like after surgery), they can cause serious infection.

Reducing *Staphylococcus aureus* on your skin

This treatment will take five days. Your surgeon will tell you when to start.

What you need

- Nasal ointment mupirocin 2% (Bactroban)
- Body-wash (2% aqueous chlorhexidine solution OR, 1% triclosan)
- Cotton buds
- Small alcohol wipes
- Alcohol gel/rub (optional)

Before starting your treatment

- Remove nose, ear and other body piercing items and keep them out during treatment.
- Clean removed items with alcohol wipes and place into a container for storage.
- Replace old toothbrushes, razors, opened roll on deodorant, skin adhesive tapes, skin creams and solutions, pumice stones, sponges, make up brushes, creams, and anything else you use on your skin.
- Wash hair brushes and combs, nail files, plastic toys, and clippers in the dishwasher or discard.
- During treatment, remove dentures every evening and clean carefully using a denture brush and mild soap and water, or denture paste.
- Disinfect other personal items daily with alcohol wipes.

Instructions for your five days of treatment

Each day, for five days, you will need to wash yourself with the body wash and use the nasal ointment morning and night.

Using the body wash

1. Apply body wash all over your body, from head to toes. Be sure to apply to your hair, under your arms, into the groin and into any folds of skin.
2. Allow the wash to remain on your skin and hair for three minutes.
3. Get into the shower or bath and rinse well. Close your eyes and mouth when washing face or shampooing. If you get body wash in your eyes or mouth—rinse with water.

Do not use other soap at the same time, as this may inactivate the antiseptic wash.

Using the Nasal Ointment

1. Wash hands well with soap and water or disinfect hands with alcohol gel/rub.
2. Open the nasal ointment. Place a small amount (size of match head) of ointment onto a clean cotton bud and massage gently around the inside of your nostril (no more than 2-3 cm inside). Use a new cotton bud for the other nostril.
3. After applying the ointment, press a finger against the nose next to the nostril opening and use a circular motion to spread the ointment within the nose.
4. Wash hands well with soap and water or disinfect hands with alcohol gel/rub.