



A Patient's guide to

# Staphylococcus aureus decolonisation

You have been given this leaflet as you are undergoing a complex spinal operation. One third of healthy adults carry normal bacteria called *Staphylococcus aureus* in their nose and skin. While you are healthy and not undergoing complex surgery, the risk from these bacteria is rare. The aim of decolonisation is to remove *Staphylococcus aureus* from your skin so there is less opportunity for it to cause an infection related to the surgery. Please note if you decide not to use the *Staphylococcus aureus* decolonisation therapy you are potentially at an increased risk of infection.

The treatment for *Staphylococcus aureus* decolonisation consists of a nasal ointment, mouthwash and a hair/ body wash. It is a 5 day course that we advise you aim to complete prior to your procedure. You have been supplied with sufficient treatment for your 5 day course. **This course should be started 4 days before surgery with the 5th day being the day of surgery.** If your operation is cancelled then you will need another course of this decolonisation prior to your next operation date.

✓ Tick the box each time you use the treatment

## **Bactroban™ Nasal Ointment** (mupirocin 2%)

Frequency of administration	Day 1	Day 2	Day 3	Day 4	Day 5 (until surgery)
Morning					
Lunchtime					
Evening					

How to use:

- Apply a pea sized amount of the nasal ointment inside each nostril three times a day
- Then, press the sides of the nose to help spread the ointment in the nose
- Repeat this for five days.

## Corsodyl™ Mouthwash (chlorhexidine digluconate 0.2%)

Frequency of administration	Day 1	Day 2	Day 3	Day 4	Day 5 (until surgery)
Morning					
Lunchtime					
Evening					
Night time					

How to use:

- Pour out 10mls of the mouthwash undiluted or diluted with the same amount of warm water and gargle four times a day
- Repeat this for five days.

## Hibiscrub™ Wash (chlorhexidine gluconate 4%) - for use on the body and hair

### Hibiscrub™ - Application as body wash

Frequency of administration	Day 1	Day 2	Day 3	Day 4	Day 5 (day of surgery)
Morning					

How to use:

- Use this daily instead of soap as body wash
- **Step 1** Pour the Hibiscrub™ directly onto a damp cloth and apply directly onto the skin (undiluted before showering or bathing)
- **Step 2** Rinse it off and towel dry. Pay special attention to the neck, back, armpits, groin and avoiding sensitive areas.
- This should be done daily for five days.

### Hibiscrub™ - Application as a shampoo

Frequency of administration	Day 1	Day 2	Day 3	Day 4	Day 5 (day of surgery)
Morning					

How to use:

- Wash hair with Hibiscrub™ on days 1, 3 and 5.

## Application of Hibiscrub™

The picture diagram below explains how to use Hibiscrub™



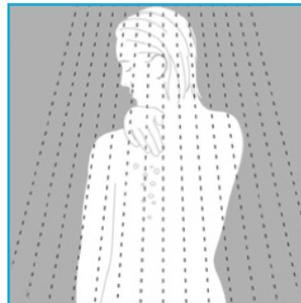
Wash your face and hair undiluted with Hibiscrub™. Pay particular attention to the area around the nose, avoiding your eyes and ears.



Apply undiluted Hibiscrub™ to a disposable wash cloth and working downwards, include the neck, back and armpits.



Continue washing downwards around the groin area (avoiding sensitive areas).



After washing all these important areas, rinse off under the shower.

Hopefully this leaflet has helped answer all your questions. If you still have any concerns, you can contact the infection control team between 9am to 5pm Monday to Friday. For out of hours queries please leave a message with contact information and someone will get back to you as soon as possible.

Their details are below:

### **Infection Control Team**

Infection Control Department

Eastgate House

Royal National Orthopaedic Hospital NHS Trust

Brockley Hill, Stanmore, Middlesex HA7 4LP

**Tel:** 0208 909 5625

**Email:** [InfectionControlDept@rnoh.nhs.uk](mailto:InfectionControlDept@rnoh.nhs.uk)

If you experience any reaction to these medications, please contact your GP explaining what you have been using. **In the unlikely event of a severe reaction to any of these medications such as wheezing, breathlessness or a severe rash please seek medical attention immediately.**

If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.

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