



# Patient Information Sheet

## Topical Treatment of Staph Aureus

### What is Staphylococcus aureus?

*Staphylococcus aureus* is found on human skin including the nose, feet and buttocks. Studies show that a patient's own Staph aureus is the most common cause of surgical site infections.

### Prevention of Staph Aureus Infections

To reduce the risk of infection following your surgery, you should complete the following regime for the **5 days prior to your admission date**:

#### **Chlorhexidine Gluconate 4% Solution:**

(Available from your local pharmacy without a prescription)

This is an anti-bacterial wash. Use **20mls once daily** as below (a medicine cup to measure may be useful):

- After wetting your skin, clean face and scalp including hair with a **small amount** of the 20ml **undiluted** Chlorhexidine.
- **Avoid contact with your eyes –**  
**First Aid Measures** - Flush the eyes with gently running water for at least 15 minutes – eyes open. Seek medical attention promptly if irritation persists.
- Leave the solution on the skin for about three minutes
- Rinse off thoroughly.
- With the remainder of the **20mls undiluted** Chlorhexidine body wash, wash neck, perianal area, right down to and including, in-between your toes
- Leave the solution on the skin for about three minutes
- Rinse off the skin thoroughly.

#### **Bactroban Ointment 2%:**

(Prescription required)

This is an anti-bacterial nasal ointment to be applied into each nostril **twice daily**:

- Squeeze a small amount of ointment onto a cotton tip
- Insert cotton tip into each nostril and gently apply ointment to the inside of the nose.

**If you have any queries or concerns please contact the surgery and speak with a nurse.**

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