

Staphylococcus aureus: Topical suppression or decolonisation

Instructions for body & hair wash, & nose ointment.

Infection prevention and Control Service

Body and hair wash

Antibacterial body wash lotions reduce the number of bacteria, including *Staphylococcus aureus* (also known as 'staph'), which live on healthy skin.

Chlorhexidine 4% is the most commonly used antibacterial body wash lotion. In some cases, octenidine 0.3% (Octenisen®) may be prescribed. The usual duration of treatment is 7 days.

Before starting treatment:

- Remove any body piercings when you start and for the next 7 days.
- Throw out old razors/blades and use with new one. If electric razor used - clean and soak foils in methylated spirits. Make sure it is dry before using.
- Throw out roll-on deodorants and use a new one.
- Wash brushes and combs with detergent and water.

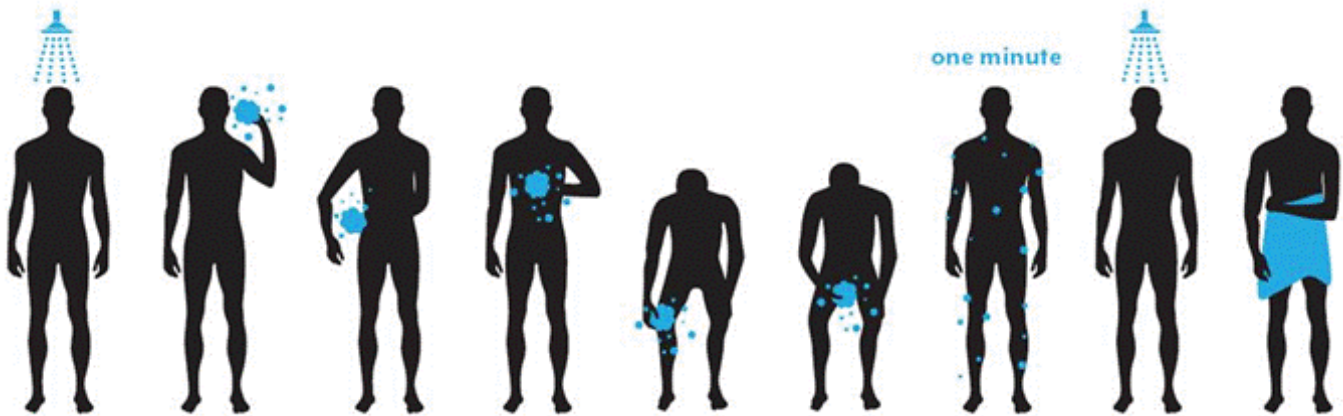
Treatment process:

- Shower or bathe using the body wash lotion once each day for 7 days or as prescribed.
- Wash your scalp and hair with the body wash lotion at least twice a week.
- Use a clean flannel or cloth, and towel each day. Avoid using sponges.
- Do not pour the body wash solution into the bath as it will be too dilute to be effective.

Body washing:

1. Wet the whole face and body in the shower or bath.
2. Turn off the shower or stand out of the bath.
3. Apply body wash lotion undiluted to a damp, clean flannel or cloth. You will need enough to cover the surface of your whole body and may need to add more to the flannel or cloth during the process.
 - a. Start with your face, paying special attention to the nose area. Avoid contact with the eyes.
 - b. Work down to the neck, then arms including fingers and underarms.

- c. Then wash your chest and back including navel and skin folds.
 - d. Next clean down your thighs and legs including toes.
 - e. Lastly clean the genital areas, groin, buttocks and anal area with the flannel or cloth.
4. Leave in contact with your body for ONE minute before rinsing off in the shower or bath.
 5. Dry yourself with a freshly washed clean and dry towel.



Hair washing:

- Wet your hair and scalp.
- Apply a small amount of body wash undiluted and lather well.
- Leave on for **ONE minute** then rinse.
- Your usual shampoo and conditioner can be used afterwards, if you want to.

Nasal ointment

You may be prescribed mupirocin 2% ointment or povidone-iodine 10% ointment to use at the same time as the body wash lotion.

Treatment process

- Apply to inside of nostrils two times a day for 7 days.
- Use a clean cotton bud each time.
- Insert just enough so that the tip of the "bud" goes just inside the nose about 1 cm each time.
- Apply ointment fully around the inside surface of each nostril.
- Povidone-iodine may stain skin and fabric (e.g. clothing) brown.