



Patient Instructions: *Staphylococcus aureus* Decolonization

Please follow the instructions below to decolonize for *Staphylococcus aureus*.

Nasal Ointment – Bactroban (Mupirocin 2%)

1. You will be provided with prescription for Bactroban or may be provided with a tube of the nasal ointment.
2. Use enough ointment to coat the inside of the nostril every time you apply the ointment.
3. Put ointment on the tip a cotton swab.
4. Apply ointment to inside of one nostril.
5. Gently press nostril together and release several times (for about a minute) to spread the ointment in the nostril.
6. Repeat process in the other nostril using the other end of the cotton swab or a new swab.



7. Do this process two times a day for the five days before your surgery.
8. The chart below may be used to track applications.

Continued on page 2



(continued)

	Morning Application	Evening Application
Day 5 prior to surgery		
Day 4 prior to surgery		
Day 3 prior to surgery		
Day 2 prior to surgery		
Day 1 prior to surgery		
Surgery Day		

Chlorhexidine gluconate (CHG) application/bath/shower

1. You will be asked to buy a soap with CHG (Hibiclens or BactoShield). You do not need a prescription to buy the soap.
2. Use the soap once a day for the five days before your surgery.
3. Using the CHG soap
 - a. First, shampoo and rinse your hair with your usual shampoo. This is done first so the CHG soap is not washed off by your shampoo.
 - b. Using a clean washcloth, apply the CHG soap to all areas, avoiding your face. Do not use above your chin to avoid getting any soap in your eyes, ears, and mouth. Make sure to wash under your arms, your groin area avoiding the penis or vagina, and between any skin folds. The soap will not bubble or lather very much.
 - c. Rinse the CHG soap off your skin thoroughly. Do not wash with any other soap or cleanser.
 - d. Dry off with a clean towel and put on clean clothing.
 - e. Do not use lotion, cream, powder, or perfume after washing.