

Staph. load reduction before a procedure: patient information

Staphylococcus aureus is a germ (bacteria) that is commonly carried on the skin and nose. It is also known as “Staph.” or methicillin-resistant *Staphylococcus aureus* (MRSA) or ‘golden staph’. In most carriers of staph, there are no symptoms.

Infection may happen after skin damage (including operations that involve cutting) or within a hair follicle which leads to a boil or infected skin sore.

Your recent screening test (nose swab) indicated that you are a staph carrier.

To reduce your risk of staph infection following your procedure, we recommend that you complete this load reduction process.

Preparation

Things you will need:

- Antiseptic nasal ointment as prescribed from hospital; do not share with others
- Antiseptic 2% chlorhexidine non-rinse wipes (5 packets of 4 wipes) or microshield 2 skin cleanser as provided by hospital
- Antiseptic cream cleanser for bathroom
- Cotton buds (for applying nasal ointment)
- Freshly laundered bed linen, bath towel and clothes for day 2 and 5 of the process
- Antiseptic wipes or cleaner for surfaces

Replace/wash personal items as they are contaminated with staph e.g. toothbrush, razor, opened roll-on deodorant, skin tape, skin cream and solutions, pumice stones, sponges, make up brushes. Hot wash hair brushes and combs, nail files, plastic toys, and clippers in the dishwasher or discard. Discard or hot wash fluffy toys and pet bedding. Discard magazines, newspapers and other household clutter.

Remove body piercings prior to commencing

load reduction and keep piercings out for the duration of treatment. Clean earrings and other piercing elements with soap and water, soak in a bleach solution, dry and then store in a clean dry container.

Staph load reduction

Complete this over the 5 days immediately prior to your procedure or operation.

1. Shower/bath daily and dry with towel. Apply non-rinse chlorhexidine wipes (see over). **Do NOT** rinse off before getting dressed. If directed to use the skin cleanser while showering, see the separate instruction sheet.
2. Apply antiseptic nasal ointment twice daily (see over).
3. If applicable, remove dentures in the evening clean with a brush and immerse in a denture cleaning solution overnight

If you experience redness or skin irritation after applying the body wipes or ointment, discontinue use and discuss with your healthcare service contact.

Household cleaning to remove staph

- Clean and disinfect the shower floor and/or bath tub daily with the antiseptic cleanser.
- On days 2 and 5 of treatment, clean the house well (especially the bedrooms and bathrooms). Clean dust off surfaces then vacuum clean the floor and soft furnishings.
- Wipe over all hard surfaces with antiseptic wipes or a damp clean cloth containing antiseptic e.g. chair arms, flat surfaces, light switches and controls, toilet buttons, computer keyboard and mouse, cupboard handles.
- Wash vinyl/leather covered furniture – as per manufacturer’s instruction or with warm soapy water and dry with a clean towel.
- On days 2 and 5, change bed linen, towels and put on clean clothes. Hot machine wash linen, towels and clothes with normal laundry detergent.

Staphylococcal load reduction

Applying the antiseptic nasal ointment

- Wash your hands
- Open ointment and squeeze a small amount onto the tips of two cotton buds
- Apply the ointment around the inside of one nostril (don't put in deeper than 2 to 3 cms)
- Apply ointment to other nostril using the second bud
- Press index finger and thumb against both nostrils and use a circular motion to massage the ointment within the nose
- Discard buds and clean hands again

Applying antiseptic non-rinse body wipes

The wash cloths can be used at room temperature or heated- use a microwave (800 watt) to heat the unopened packet for 20 seconds. If necessary allow the packet to cool prior to use.

Use one cloth for each area of your body as shown in the picture

- Wipe over the area using gentle friction
- Do not use on face, near eyes, ears body orifices or on broken skin or ulcers
- Pay particular attention to underarms, navel area and all other skin folds and crevices
- Use a new cloth for the next area in the order described

When you have used all 4 cloths, allow your body to dry in the air for one minute. Do not rinse or towel off. Your skin may feel tacky for a few minutes.

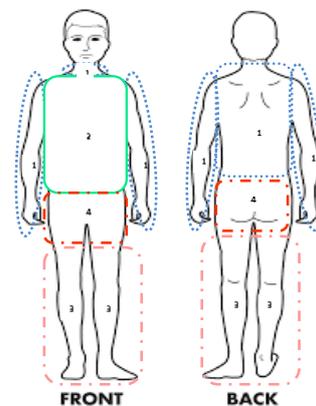
Do not put on moisturisers, lotions or makeup after preparing your skin.

Put the used cloths into the garbage (DO NOT FLUSH).

Wash your hands after discarding wipes.

1st wipe	Starting from below your jawline wipe around your neck, arms and back.
2nd wipe	Wipe your chest area, sides and then armpits
3rd wipe	Wipe both legs, front and back starting from top and working to toes
4th wipe	Wipe your groin and buttocks area

IMPORTANT
Check temperature of cloths before using. Wait until they are body temperature



Frequently asked questions

1. *Do I require testing for staph carriage after load reduction?*

In general, no further testing is required before or after your procedure.

2. *Does staph load reduction always work?*

No, it is still possible for you to get a staph. infection after the procedure but the load reduction does make this less likely.

3. *Do my other household members require treatment as well?*

No, for pre-procedure management, other household members do not get treated.