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AESTHETIC SURGERY

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

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MRSA Decolonization

In the past few years, people have been exposed to a bacteria called *Staphylococcus aureus*. Some of these bacteria are resistant to certain antibiotics and are called *Methicillin-resistant Staphylococcus aureus* (MRSA). The removal of MRSA is called “decolonization.” Sometimes, decolonization can help reduce the risk of spreading the germs to others and avoid infections in the future. There are two parts to the treatment:

- Rubbing ointment into each of your nostrils twice a day for 5 days.
- Taking a shower with a special soap once a day for up to 5 days while you are using the nasal ointment.

You may buy each of these at a pharmacy:

Nasal ointment (mupirocin 2%)

1. Place a pea-sized amount of ointment inside each nostril each time you apply the ointment.
2. Tilt your head back and use a cotton swab to apply the ointment inside each nostril.
3. Press your nostrils together and massage for about 1 minute.
4. Do NOT get the ointment near your eyes. If you do, rinse them well with cool water.
5. Apply the nasal ointment twice a day for 5 days unless otherwise directed by your doctor.
6. Clean your hands using a sanitizer gel or wash with soap and water
7. Do NOT use any nose medicines (such as nasal sprays) during the 5 days you are using the ointment.

Hibiclens Soap (4% chlorhexidine)

1. Your soap will come in either a bottle or in packets.
2. If you have packets, use two packets for each application in the shower or bath. If you have the bottle, use about 2 tablespoons of soap for each application in the shower or bath.
3. First, shampoo and rinse your hair with your usual shampoo. This is done first so the Hibiclens soap isn't washed off by your shampoo.
4. **Turn off the water.** Using a clean washcloth, apply the Hibiclens to all areas, avoiding your face. Keep out of your eyes, ears and mouth. Make sure to wash your armpits, behind your ears and your knees, your groin area, and between any skin folds. The soap will not bubble or lather very much, and that is fine. If you get the soap in your eyes, ears or mouth – rinse well with cool water.
5. When you've covered your whole body with the soap, do **not** rinse, but replenish the Hibiclens on your washcloth and repeat step 3.
6. **When finished, leave the soap on your skin for 2 minutes.**
7. Turn the water back on and rinse the Hibiclens off your skin thoroughly.
8. Do NOT wash with any other soap or cleanser.
9. Dry off with a clean towel and put on clean clothing.
10. Do NOT apply any lotion.