

**CHLORHEXIDINE
GLUCONATE SHOWERING
and
MUPIROCIN
(BACTROBAN)
NASAL OINTMENT**

Beaumont

FOR YOUR SAFETY

In order to reduce your risk of developing an infection after your surgery, a bacteria reduction protocol has been developed.

FOR YOUR CONVENIENCE

This booklet contains information on this protocol.

CHLORHEXIDINE GLUCONATE SHOWERING

Why will I be following a special showering procedure?

Chlorhexidine gluconate is an anti-bacterial soap that is used as a pre-surgical skin cleanser. It kills bacteria and inhibits the growth of new bacteria. As a patient, you play an important role in preparing your skin for surgery. Using chlorhexidine as directed will help reduce your chance of developing a surgical site infection.

Where do I obtain 4% chlorhexidine gluconate (brand names: Aplicare®, Hibiclens®)?

You will be given the product at your hospital-based education class, at your surgeon's office or you may purchase it at a pharmacy.

How do I perform the chlorhexidine shower?

You will need:

- clean bath towel (each day)
- 4 ounce bottle of chlorhexidine gluconate 4% skin cleanser
- clean terry washcloth (each day)

1. Wash and rinse hair with your regular hair products if desired (optional).
2. Wash and rinse face and then genitals (privates) using your regular soap product.
3. Rinse off shampoo and soap completely. This is very important since soap can reduce the effectiveness of chlorhexidine gluconate.
4. Wet a clean washcloth and apply two tablespoons of chlorhexidine gluconate skin cleanser to the cloth. It is important to use a clean washcloth each day. Avoid use of back brushes, sponges, foaming puffs, etc. that you may have in your shower. These may actually add bacteria to your skin.
5. Moisten your entire body and step away from shower stream while washing with chlorhexidine gluconate to prevent rinsing it off too soon.
6. Cleanse entire body from neck down, concentrating on the body site where you will have surgery, and taking care to wash all skin folds, crevices, belly button, feet and toes. **Do not use this product on face, ears, eyes, mouth, genitals or open wounds.**

7. Allow chlorhexidine gluconate solution to remain on your skin for three to five minutes before stepping back into the shower stream and rinse thoroughly.
8. Dry gently with a clean bath towel.
9. Do not apply creams, lotions or powders to your skin after your shower, as they will reduce the effectiveness of chlorhexidine gluconate.
10. Put on clean clothing, including underclothing and socks, each day.
11. Change bed sheets two days prior to your surgery so that you will be sleeping in clean sheets once you start the chlorhexidine showers.
12. One change of bed sheets is sufficient unless bed sheets become soiled.

NOTES

- Do not shave near the site of your operation for at least three days before surgery. Shaving with a razor increases your risk of infection when you have surgery.
- Do not use chlorhexidine gluconate if you have a sensitivity to chlorhexidine gluconate or isopropyl alcohol. Use an antibacterial soap instead.
- Talk to your physician first if you are pregnant or breast feeding.
- Important laundering advice: chlorhexidine gluconate binds not only to the protein of skin, but also to many fabrics. Thus, special laundering procedures should be considered for fabrics coming in contact with skin (i.e. sheets, towels and clothes). Wash these fabrics without the use of chlorine, since a fast brown stain may develop due to a chemical reaction. Use of a peroxide-type bleach, such as perborate, sodium percarbonate or hydrogen peroxide are recommended if a bleach agent is necessary.

SCREENING FOR *STAPHYLOCOCCUS AUREUS*

Why am I being asked to have my nose swabbed and cultured?

Thirty-five percent of the population carry a germ called *Staphylococcus aureus* in their nose. This germ can then be transferred to the skin. We are testing your nose today to see if you carry this germ.

Why is this germ important?

Studies have shown that eliminating this germ from your nose prior to surgery may reduce your risk of developing a surgical site infection.

How will I know if I carry the germ in my nose?

You will be asked to have a nasal culture performed at the same time as your other preoperative tests. Approximately three to four days later, someone from your surgeon's office will call you if you have tested positive for the *Staphylococcus aureus* germ. If positive, you should begin treatment with mupirocin ointment three days before your surgery date.

A prescription for mupirocin is provided one of two ways:

1. Your surgeon may give you a prescription at the time of your appointment. **DO NOT FILL THIS PRESCRIPTION** unless the office staff calls you and informs you that you are positive for *Staphylococcus aureus*.
2. Your surgeon may wait for the culture results and call a prescription for mupirocin to your pharmacy if you have tested positive.

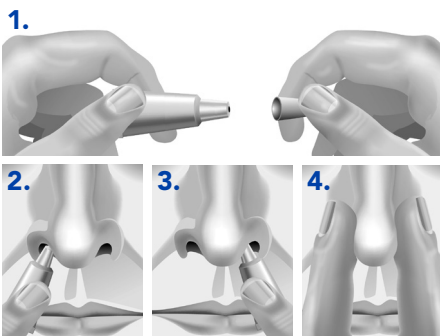
How can this germ be eliminated if my nose culture is positive?

Apply mupirocin ointment to the inside of your nose two times a day for up to three days prior to surgery, the day of surgery and one day after surgery.

How do I apply mupirocin ointment if pharmacy gives me small (1 gm) tubes?

Ideally, you will be given 10 small tubes of ointment. Two tubes will be used per day; one tube for the morning, one tube for the evening. Begin treatment three days prior to your surgery, and continue on the morning of surgery. The nursing staff will complete your treatment for you on the evening prior to surgery and on the day after surgery.

1. Remove cap.
2. Apply half the contents of a tube in one nostril.
3. Apply the other half of tube contents in other nostril.
4. Press nostrils together. Massage approximately one minute to distribute medicine thoroughly. Discard tube.

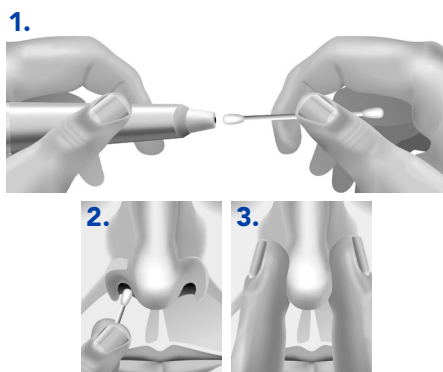


You do not need to use cotton swabs to apply mupirocin from the small tube.

How do I apply mupirocin ointment if the pharmacy gives me one large (15 or 30 gm) tube?

Sometimes mupirocin ointment in small nasal tubes is not available to the pharmacy. Your pharmacist has been instructed to give you a large tube of ointment if that is the case. The active ingredient is the same. Number of treatments and times of treatment are the same.

1. Wash your hands well. Remove cap. Squeeze a pea-size amount on cotton swab.
2. Place this into one nostril. Repeat for the other nostril.
3. Save the large tube for your next dose.
4. Press nostrils together. Massage approximately one minute to distribute medication thoroughly.



Are there any side effects?

Side effects are uncommon. Discontinue use if burning or itching develops and notify your surgeon.

What dates should I apply mupirocin ointment if I have been called and instructed to do so?

Three days prior to surgery: _____
(date)

Two days prior to surgery: _____
(date)

One day prior to surgery: _____
(date)

Morning of surgery: _____
(surgery date)

What dates should I shower with Chlorhexidine gluconate?

Shower on the following dates:

One shower, two days prior to surgery: _____
(date)

One shower, one day prior to surgery: _____
(date)

One shower on the morning of surgery: _____
(surgery date)

Because you are scheduled for surgery, please remember the importance of washing your hands. In addition, please make sure that everyone who touches you has washed their hands before and after touching you. We want to be sure you are protected from any possible infection.

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