

Facility: _____

File: _____
Last name, first name: _____
Date of birth: _____ ☐ F ☐ M
YYYY-MM-DD
RAMQ no.: _____ Exp. _____
YYYY-MM
Mother's name: _____

INFORMATION SHEET

DECOLONIZATION PRIOR TO ORTHOPEDIC SURGERY

FOR YOUR SAFETY

Infection prevention

As you were informed, your preoperative nasal culture was positive for a bacterium called *Staphylococcus aureus*, which is found in 20% of the population. *S. aureus* bacteria are typically present on the skin, in warm, moist areas of the body (nostrils, armpits, groin). These bacteria often cause skin, wound, and respiratory infections.

During surgery, patients with *S. aureus* have a higher risk of contracting an infection in their incision or prosthesis (hip, knee, or other). We can help you reduce the number of bacteria on your skin, which will lower your risk of infection.

You will need to buy the prescribed treatments from the pharmacy and follow the instructions below.

GENERAL RECOMMENDATIONS FOR DECOLONIZATION:

- Wear clean clothes every day during your treatment;
- Wear clean pyjamas every night during your treatment;
- Change your sheets at the start of treatment and the night before the surgery.

1. Mupirocin ointment twice a day (morning and evening), for five days, in each nostril:

- Wash your hands with soap and water;
- Apply the mupirocin ointment to a cotton swab (pea-sized drop);
- Insert the cotton swab about 1-2 cm (½ in.) into one nostril;
- Rotate the cotton swab five times inside your nostril, then discard;
- Repeat for the other nostril using a clean cotton swab;
- Massage the nostril for a few seconds to spread the ointment inside the nose;
- Wash your hands with soap and water after applying;
- Repeat twice a day, for five days.

(IMPORTANT! The last application must be done the night before/day of the surgery.)

2. 4% chlorhexidine gluconate antiseptic soap:

- Wash your hair daily with regular shampoo before using the antiseptic soap;
- Wet the rest of your body;
- Use a sufficient amount of antiseptic soap during your shower or bath (30-60 ml);

- Apply the antiseptic soap from head to toe, starting with your face (do not forget your hands, nails, armpits, groin, and anus);
- **Do not get the antiseptic soap in your eyes or ears;**
- Remember to use the antiseptic soap on the part that will be operated on;
- Rub gently with your hand or a wet washcloth;
- Leave the antiseptic soap on for 1 minute;
- Rinse thoroughly;
- Dry yourself with a clean towel, leaving your genitals and anus for last;
- Repeat **the above steps once a day for five days;**
- (IMPORTANT! The last application of antiseptic soap must be done the night before/day of the surgery.)
- Avoid using your usual creams during the treatment, as some could prevent the **chlorhexidine** from working properly and increase the risk of contamination.

SIDE EFFECTS

The above treatments are generally well tolerated.

- If you develop severe skin irritation or a new rash: stop using the product.
- Avoid getting the antiseptic soap in your eyes and ears. If this happens, rinse the affected area thoroughly with water.

Consult a doctor if your skin problems persist or if you have any concerns.

ALLERGIES

If you are allergic to mupirocin or to 4% chlorhexidine gluconate, **you cannot have this treatment.**

ANY QUESTIONS?

If you have any questions about the treatments, you can speak to the pre-admissions nurse at:

☐ Hôpital Anna-Laberge, 450-699-2425, ext. 2571

☐ Hôpital du Suroît, 450-371-9920, ext. 2950

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