

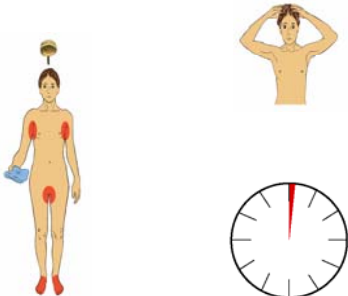





Octenisan Body Wash

- Use Octenisan body wash every day as a liquid soap, for a shower, bath or wash. It is easier to use Octenisan in a shower, however if you are unable to get in a shower, it is perfectly acceptable to use the lotion for a strip wash each day.
- Use Octenisan body wash as a shampoo to wash your hair twice a week.

- Continue to use Octenisan body wash everyday until you are admitted for your surgery. If your skin becomes dry or irritated **stop** using Octenisan and see your GP.

<p>1.</p>  <p>Ensure that your hair and body are wet</p>	<p>2.</p>  <p>Use 30 ml of solution</p> <p>Put the lotion onto a damp washcloth</p>	<p>3.</p>  <p>Leave the lotion on your skin for 3 minutes before rinsing</p> <p>Apply all over hair and body paying special attention to the areas indicated in red</p>
<p>4.</p>  <p>Rinse off thoroughly</p>	<p>5.</p>  <p>Dry with clean, dry towel</p>	<p>6.</p>  <p>Put on clean underclothes/nightwear every day</p>

If your skin is dry or becomes irritated, you may find that Oilatum Plus is a better lotion to use. Your GP will have to prescribe it.

Oilatum Plus

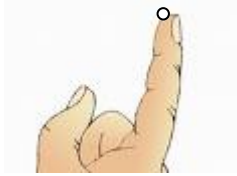
How to use Oilatum Plus

- Always use Oilatum Plus diluted in water.
- Add 2 capfuls of Oilatum Plus to a 20cm (8 inch) deep bath or 1 capful to a 10 cm (4 inch) deep bath.
- Add a quarter of a capful to a bowl of water for washing.

Take care: Oilatum Plus makes the skin and bath surfaces slippery.

BACTROBAN NASAL OINTMENT (Mupirocin 2%)

If MRSA is found in your nose you need to use Bactroban Nasal Ointment (Mupirocin 2%). Use it three times each day for 5 days.



A small amount of ointment, about the size of a match head, should be placed on a cotton bud or on your finger and applied to the inside of each nostril (apply to the front part of the nostril). The nostrils should be closed by pressing the sides of the nose together, this will spread the ointment through the nostrils.

MOUTH AND DENTAL CLEANLINESS

It is important to keep your mouth clean when you have MRSA in your nose. Cleaning your teeth after each meal and last thing at night will help to clear your nose and throat of MRSA colonisation. Dentures can be washed in warm soapy water, rinsed, brushed with toothpaste and then rinsed again.

TAKING FURTHER SWABS FOR MRSA

You will require re-screening every 7 days until you have 3 negative screens. If you receive a 5 day course of Bactroban nasal ointment you need to be re-screened 2 days after finishing the Bactroban course. The areas that should be

swabbed are your nose, your groins or your perineum and any wounds or sores.

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University Hospital of South Manchester 
NHS Foundation Trust

When you recently visited an out-patient/pre-operative assessment clinic at this hospital you had some swabs taken and MRSA (Methicillin-resistant Staphylococcus aureus) was found.

This leaflet explains how to use the body wash and nose ointment at home to reduce the amount of MRSA on your skin.