

## PRE-SURGERY HYGIENE INSTRUCTIONS

### Pre-operative Anti-Microbial Skin Treatment

It is known that the majority of infections that arise in the first few days and weeks after joint replacement are caused by organisms from a patient's own skin. One way of decreasing the infection risk therefore, and one that is proven, is to decrease the bacterial load on the skin before surgery. This can be done by using anti-bacterial preparations that treat both the skin and the nose, the latter particularly, often being a source of potentially harmful bacteria.

Having a pre-operative body wash with an appropriate antiseptic, and applying antibiotic nasal ointment or cream, although simple to do, are therefore thought to be important pre-operative measures.

### Pre-Op Shoulder Wash

**Duac Gel - Clindamycin Phosphate and Benzoyl Peroxide Gel, 1% / 5% - 25g  
Or Benzac AC - Benzoyl Peroxide Gel, 1% / 5% (without Clindamycin) - 50g**

**Duac comes as a 25g gel.** It is obtained from a pharmacy, and it does require a doctor's prescription. If you cannot get a script, or you are known to react to clindamycin, you can use Benzac AC (a 5% benzoyl peroxide gel without the clindamycin) and this may be just as good. Benzac AC is available over the counter. Read the information leaflets enclosed, and do not use these products if you have a known reaction to any of their constituents. If for some reason you cannot use these, please contact Dr Holt's office for advice. Most likely you will still be able to use a chlorhexidine wash instead. You may need 2 Duac gel packs if you are doing multiple treatments.

The gels contain benzoyl peroxide which unplugs blocked pores and contains acrylates copolymer beads that absorb excess oils and release glycerol which reduces the risk of irritation. It also kills the bacteria on the skin that cause acne (*P. Acnes*) and which are a major source of shoulder infection. Clindamycin not only kills these bacteria as well, but also some skin Staph, so its addition is thought to be helpful. The available literature on this is limited however. Tubes should be kept in a cool dry place where the temperature stays below 25°.

**The minimum requirement is to use the gel the night before, and on the morning of, the day of your surgery (i.e. twice). The evidence however, supports the use of the gel for 2 or 3 nights before, as well as the morning of, your surgery, as this lowers the skin bacterial count a bit more.**

#### Instructions for use:

- Step 1: Gently wash the affected area with mild soap, rinse with warm water, and then pat the skin dry.
- Step 2: Apply a thin film of Duac to the affected area, avoiding the eyes, mouth and lips. If you can see a thin film on the skin, then you have applied too thick a layer.
- Step 3: Work down the neck starting up near the jaw, cover the whole shoulder area down to the mid upper arm (as shown). Be sure to include the armpit and the side of the chest down as far as the nipple area. Paint the back of the shoulder to the same extent.
- Step 4: Leave it on for about 2 hours, but less if it is irritating the skin.
- Step 5: Then wash this off using water (or shower) and pat the skin dry again.
- Step 6: If you wish, you may now apply a light moisturiser, but one that won't clog the pores.
- Step 7: If time allows, this should be done on the 2 nights prior to, and on the morning of, your surgery. Given time constraints on the day of surgery, if your surgery is in the morning, the gel can be washed off in the hospital or left on to be removed in theatre where the shoulder will be re-washed and the final skin preparation applied.
- Step 8: By preference after use, you should dry your self with a freshly laundered (clean) towel, then dress in freshly laundered (clean) clothes.



Derived from - [https://gsksource.com/duac\\_topical\\_gel](https://gsksource.com/duac_topical_gel)  
- <https://medsafe.govt.nz/Consumers/CMI/b/benzacACgel.pdf>

# PRE-SURGICAL HYGIENE INSTRUCTIONS

## Pre-Op Nasal Ointments

### 2% Mupirocin (Bactroban) Nasal Ointment OR Nasalate Cream

**There are two product options for treatment.** Both can be purchased from a pharmacy but you may need to check with your local pharmacy to confirm that they have one or other product in stock.

#### These options are:

- 1) **2% Mupirocin (Bactroban) Nasal Ointment:** which requires a doctor's prescription. The ointment, or a script (depending on availability of the ointment), can be provided by Dr Holt, either at the time of booking your surgery, or later, by phoning his office.
- 2) **Nasalate™:** purchased over-the-counter and does not require a doctor's prescription.

### 2% Mupirocin (Bactroban) Nasal Ointment

Bactroban (Mupirocin) nasal ointment is an antibiotic containing ointment which can be used to remove bacteria from inside your nose prior to surgery.

#### Instructions for use

Please read the information leaflet enclosed with the 2% Mupirocin (Bactroban) Nasal Ointment. Note that 2% Mupirocin (Bactroban) Nasal Ointment is for use in your nose only.

- Step 1: Wash your hands before and after applying the nasal ointment.
- Step 2: Apply a 'double match head' amount into each nostril using your little finger.
- Step 3: Massage the sides of your nostrils together so that the ointment is spread within your nose.
- Step 4: Perform this twice a day (morning and night) starting 3 – 5 days prior to your operation. Include an application of the ointment in the morning on the day of the operation.



**Discontinue using if burning, irritation or soreness is experienced.**  
Derived from - [https://au.gsk.com/media/222809/bactroban\\_ointment\\_cmi\\_au\\_004\\_approved.pdf](https://au.gsk.com/media/222809/bactroban_ointment_cmi_au_004_approved.pdf)

### Nasalate™ (Chlorhexidine) Cream

Nasalate™ is a cream containing chlorhexidine and phenylephrine hydrochloride that is used for care of the nasal mucosa. It is an anti-bacterial cream, but does not contain an antibiotic. For most people this is adequate, though bactroban is preferred because it does contain an antibiotic.

#### Instructions for use

Please read the information leaflet enclosed with the Nasalate™ Nasal Ointment. Note that Nasalate™ Ointment is for use in your nose only.

- Step 1: Wash your hands before and after applying the nasal ointment.
- Step 2: Apply a 'double match head' amount into each nostril using your little finger.
- Step 3: Massage the sides of your nostrils together so that the ointment is spread within your nose.
- Step 4: Perform this twice a day (morning and night) starting 3 – 5 days prior to your operation. Include an application of the ointment in the morning on the day of the operation.



**Discontinue using if burning, irritation or soreness is experienced.**

Any queries regarding this instruction sheet, or to the obtaining any of the pre-surgery antimicrobial treatments, should be directed to Dr Holt's office.