

## PRE-SURGERY HYGIENE INSTRUCTIONS

### Pre-operative Anti-Microbial 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 antiseptic soap, and applying antibiotic nasal ointment or cream, although simple to do, are therefore thought to be important pre-operative measures.

**It is recommended that you have a shower, using a chlorhexidine body wash, on the night before, and on the morning of, the surgery.**

**It is also recommended that you use nasal ointment (or cream) twice a day, beginning at least 2 - 3 days before your operation, and including on the day of surgery.**

### Pre-Op Body Wash

#### Chlorhexidine Pre-op Wash 4% - you will need 2 tubes of this

**This comes as a 50mL tube and you will need 2 tubes.** Although it is obtained from a pharmacy, it does not require a doctor's prescription. Make sure that you read the information leaflet enclosed, and do not use this product if you have a known reaction to Chlorhexidine. Also, make sure that you do not mix Chlorhexidine with any other chemicals or detergents. If for some reason you cannot use this product, please contact Dr Holt's office for advice.

**Wash with the 'Pre-op Wash' the night before, and on the morning of, the day of your surgery (i.e. twice).** One tube is to be used for each body wash. Just follow the application instructions below. Importantly, you must ensure that you do not rinse the solution off for a minimum of 1 Minute after it has been applied to an area.

#### Instructions for use

Steps 1 - 8 can be done using the entire contents of 1 tube. For steps 2 - 6, you should aim to use the first half of the tube only. For step 8, you will use the other half.

**Ensure that you do not rinse off the solution from your skin for a minimum of 1 minute after it has been applied.**

- Step 1: Wet your whole face, body and hair in the shower or bath.
- Step 2: Use a small amount of the Pre-Op Wash and wash your hair. Lather well and rinse.
- Step 3: Apply a small amount of undiluted Pre-Op Wash to your face. Avoid your eyes, shutting them tight. Pay particular attention to the nose area, then rinse off.
- Step 4: Work down the neck and arms paying particular attention to the underarm and navel areas. Using a sponge for this may make it easier.
- Step 5: Now cleanse the genital and buttock area, again using the Pre-Op Wash and sponge.
- Step 6: Next, work down the thighs and legs, including your feet.
- Step 7: Rinse your entire body.
- Step 8: Now repeat all of the above using the remaining half of the tube. Focus mainly on the armpits, navel, genital areas, buttocks and anal region.
- Step 9: Thoroughly rinse your entire body.
- Step 10: Dry your self with a freshly laundered (clean) towel, then dress in freshly laundered (clean) clothes.



Derived from Perrigo Australia - Information for Use - [www.perrigo.com.au](http://www.perrigo.com.au)

# 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.