

# Your Surgery

at New England Baptist Hospital

## Instructions for Those Who Test Positive for Staph Aureus Bacteria

People who test positive for staph aureus bacteria need to take a few extra steps before surgery. Testing positive for this bacteria does not mean you have a staph infection or are sick. One third of healthy people naturally live with staph bacteria on the skin at any given time, and almost never get sick. By taking the following precautions, your risk of infection will be the same as those who did not have staph aureus.

Starting five days before your surgery, you will begin showering once a day with a special cleanser called chlorhexidine, which you can buy over the counter at your local pharmacy, for a total of six showers. Your last shower will be the day of surgery.

- Begin by washing your face and hair with your regular soap and shampoo
- Turn off the shower, or step out of the water stream to apply the chlorhexidine
- Put the chlorhexidine on a clean, wet washcloth or use your hands to apply the cleanser
- Apply it to your whole body, from your neck down
- Pay special attention to:
  - Your underarms
  - Under your breasts
  - Your groin area (where your legs meet your torso)
  - The area where you're going to have surgery
- Avoid your face and genitals
- You should use an entire four ounce bottle of the chlorhexidine for each shower
- After applying the chlorhexidine, let it stand for one minute prior to rinsing
- Rinse the chlorhexidine off your body
- Gently blot your skin dry with a clean towel
- Put on clean pajamas or clothes

On the morning of your surgery, do not use any lotions, creams, powders, perfumes, or oils after your shower. You may apply deodorant.

Additionally, starting five days before surgery, you will also apply an antibiotic ointment called Mupirocin, to the inside of your nose. A Nurse Practitioner will call a prescription in to your pharmacy.

To apply the Mupirocin:

- Place a pea-sized amount of the ointment to the end of a Q-tip.
- Gently apply the ointment to the inside of each nostril (this shouldn't hurt).
- The Q-tip should only be inserted about a ½ inch, or the size of the head of a Q-tip, into the nostril.
- Apply twice a day to both nostrils, starting five days prior to your surgery. The last dose will be the morning of surgery.

If you have additional questions, please call pre-admission screening at 617-754-6600.