

Antiseptic treatment for MSSA before admission



What is MSSA?

Staphylococcus Aureus is a bacterium which can often be found living on the skin of healthy individuals, particularly the nasal passages and warm moist areas of the body.

The bacterium can live on the skin in about one third of people without detection and without causing any harm. This is called colonisation.

However, if the bacterium enters a wound or the blood stream, it can cause an infection.

MSSA is short for Methicillin-Sensitive Staphylococcus Aureus. It is a bacterium that is sensitive to antibiotics we commonly use to treat infection.

How is MSSA different from MRSA?

MRSA is short for Methicillin-Resistant Staphylococcus Aureus and belongs to the same family of bacteria. However, MSSA is easier to treat as it is sensitive to a wider range of antibiotics.

Why do I need to use antiseptic treatment before my admission?

By routinely using antiseptic treatments on patients undergoing orthopaedic surgery we can reduce MSSA body colonisation and the likelihood of the bacteria infecting a wound or the blood stream.

What does the treatment involve?

The treatment involves you showering daily using an antiseptic body wash and applying an antiseptic nasal cream 3 times per day. These treatments are used for a total 5 days.

How do I use the antiseptic treatment?

- You should start the treatment **4 days** before your surgery date.
- Please use the treatment on the day of surgery which is your **5th** day of treatment.
- Please remember to bring your nasal cream with you on admission to complete your treatment.
- Please use your information leaflet "Antiseptic treatment for MSSA before admission" to record when you have completed each treatment. **Bring this leaflet in with you on admission, so it can be checked where you are with your treatment.**
- **If you have been late starting treatment, please bring your antiseptic body wash and nasal cream on admission to complete your 5 days course of treatment.**

Instructions: Use of the skin cleanser

- Precautions:**
- For external use only
 - Avoid contact with eyes

1. **Wet the skin.**
2. **Put the skin cleanser directly onto your skin using your hands or a disposable cloth.**
The skin cleanser should be applied to wet skin but not whilst in the bath or under running water.
3. **Wash vigorously from head to toe.**
Pay particular attention to the following areas:
 - Around the nostrils
 - Under arms
 - Hairline
 - Between the legs
 - Feet

Leave in contact with the skin for 60 seconds.
4. **Rinse from head to toe.**
5. **Dry thoroughly, using a clean towel each time. Put clean clothing on.**

Instructions: Use of the nasal ointment

1. **Apply a small amount of ointment to a cotton bud.**
2. **Carefully insert the cotton bud into each nostril** to apply the ointment.
3. **Close the nostrils by pinching the sides of your nose together.** This will help to spread the ointment inside each nostril.
4. Repeat the steps above 3 times each day.
5. The nasal ointment should only be used for 5 days.

5 day washing



You need to **wash your hair twice during the 5 days with the antiseptic wash**. Ideally, this should be done on days **1** and **4**.

Day 1	Tick (✓)	Day 2	Tick (✓)	Day 3	Tick (✓)	Day 4	Tick (✓)	Day 5 Surgery day	Tick (✓)
Body wash		Body wash		Body wash		Body wash		Body wash	
Hair wash						Hair wash			
Nasal ointment		Nasal ointment		Nasal ointment		Nasal ointment		Nasal ointment	
am		am		am		am		am	
pm		pm		pm		pm		pm	
night		night		night		night		night	

Please tick after you have completed each treatment and bring this leaflet with you when you come into hospital so that we can use it to check where you are with your course of treatment.

Are there any side effects?

Occasionally you may experience skin irritation or a rash. If this occurs please stop using the treatment and ring the **Pre-operative Assessment Clinic 0114 226 6235** (8.00am - 5.00pm, Monday - Friday) for advice. If you have been given your treatment at the **Podiatry Clinic** please ring **0114 271 4668** (8.00am-4.30pm, Monday-Friday) for advice.

If you have a problem outside these hours, please ring the Northern General Hospital on 0114 243 4343 and asked to be put through to the Orthopaedic Bleep Holder on bleep 2734.

Is there anything else I can do to help myself?

- During the 5 days of antiseptic washes please put on clean underwear and clothes every day.
- Avoid using cotton handkerchiefs. Use paper tissues instead.
- Do not use roll-on deodorant. Use a spray-on deodorant instead.
- Please ensure good hand washing at all times, particularly before eating and after using the toilet.
- **When you come into hospital please avoid touching any wounds or lines which may be inserted.**

Who can I contact if I have any questions?

Pre-operative Assessment Clinic (Monday to Friday, 8.00am-5.00pm): **0114 226 6235**

If you have been given your treatment at the **Podiatry Clinic**, please contact Podiatry on: **0114 271 4668** (Monday to Friday, 8.00am-4.30pm).

Urgent out of hours problems

Northern General hospital: **0114 243 4343** ask for the **Orthopaedic Bleep Holder on bleep 2734**

Where can I find more information?

Further information about MSSA is available via the Public Health England website:
www.gov.uk/government/organisations/public-health-england

This leaflet is also available on the Sheffield Teaching Hospitals website:
<https://publicdocuments.sth.nhs.uk/pil3876.pdf>



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