

# Antiseptic washes for the treatment of MSSA before admission



## Information for patients Cardiac Surgery

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

### How is MSSA different from MRSA?

MRSA is an abbreviation 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 washes before my admission?

Approximately one third of people carry the MSSA bacterium on their skin (colonisation).

By routinely using antiseptic washes on all patients before cardiac 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?

You will be given a body wash and ointment to use at your preoperative assessment appointment. This should be used each day for the 5 days before your surgery. The treatment is straightforward to use and the instructions are provided below.

### How do I use the antiseptic washes?

- The antiseptic washes are used for an initial period of five days only.
- Please start the washes 5 days before your date of admission. You will receive a phone-call instructing you when to do this.

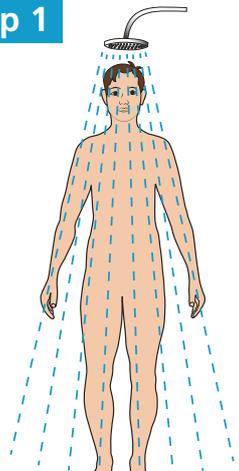
## Instructions: Use of the skin cleanser

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

1. Wet the skin. 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.
2. Wash vigorously from head to toe.
  - Pay particular attention to the following areas:
    - Hairline
    - Around the nostrils
    - Under arms
    - Between the legs
    - Feet
  - **Leave in contact with the skin for 60 seconds.**
3. Rinse from head to toe.
4. Dry thoroughly, using a clean towel each time.
  - You need to wash your hair twice during the five days with the antiseptic wash (on Day 1 and on Day 4). Please see the diagrams below.

5 day washing

Step 1

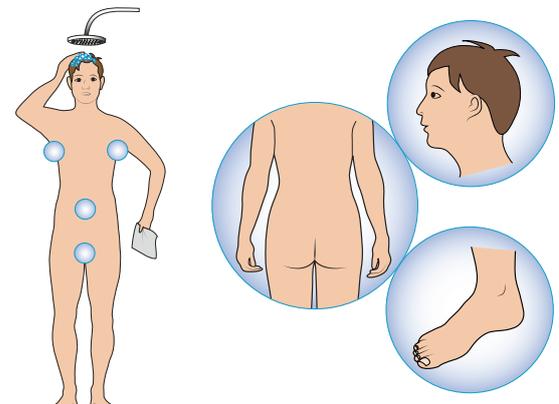


Make sure hair and body are wet

Step 3



60 seconds



Wash all over body and hair - pay attention to: armpits, belly button, groin and area around bottom

Step 2



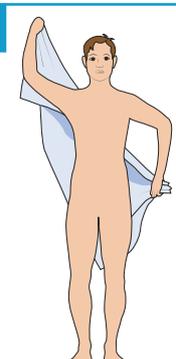
Put body wash onto a damp washcloth

Step 4



Rinse off

Step 5



Use a clean, dry towel

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Body and hair</b>	<b>Body</b>	<b>Body</b>	<b>Body and hair</b>	<b>Body</b>

## How do I use the nasal ointment?

- The nasal ointment is for an initial period of five days only.
- Insert a small amount of ointment into each nostril three times a day using a cotton bud.
- Close the nostrils by pinching the sides of the nose together. This spreads the ointment.

## Will I need any further treatment?

Many people only need one course of treatment, however sometimes further courses of antiseptic washes may be needed.

## When should I start the antiseptic washes?

You should start the washes 5 days before your surgery date. You can fill in the dates below once the secretary calls you with your admission date:

Date of surgery: .....

Date to start washes: .....

## Are there any side effects?

Occasionally, you may experience skin irritation or a rash. If this occurs, please ring the appropriate Preoperative Assessment Unit where you were seen. There are other antiseptic washes available to use should this occur.

**If you have any further concerns please contact the appropriate Preoperative Assessment Unit for further advice.**

## Is there anything else I can do to help myself?

- During the five days of antiseptic washes please put on clean underwear and clothes every day.
- Avoid using cotton handkerchiefs and use paper tissues.
- Do not use a roll-on deodorant; use a spray-on deodorant.
- 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.

## Who can I contact if I have any questions?

Northern General Hospital Cardiology PreOperative Assessment Clinic:

- **0114 226 9135**  
Monday to Friday, 8.00am - 4.00pm

Cardiac Rehabilitation Nurse Specialists, Karen Pearson and Sally Whitehead:

- **0114 271 5395**

## Where can I find more information?

Further information about MSSA is available via the Public Health England website:

**<https://www.gov.uk/government/organisations/public-health-england>**

An online version of this leaflet is available on the Sheffield Teaching Hospitals website:

<https://publicdocuments.sth.nhs.uk/pil3808.pdf>

Alternative formats can be available on request. Email: **[sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)**

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