

MRSA - Mupirocin resistant Prontoderm and Naseptin suppression treatment Instructions for service users in the community

The aim of suppression treatment is to reduce the number of Meticillin resistant *Staphylococcus aureus* (MRSA) bacteria to a less harmful level. If you do not wish to have suppression treatment, please discuss this with your GP or local Community Infection Prevention and Control or UK Health Security Agency Team.

This information will help you to use the MRSA suppression treatment correctly. The treatment is a combination of **two separate treatments**. It is important that you complete the treatment to reduce the possibility of developing a MRSA infection. Both treatments should be started on the same day.

Prontoderm foam (step-by-step guide on the back of this sheet)

You will need to bathe, shower or wash each day as usual using your normal shower product. First clean your face, paying particular attention to your nose, then wash your body starting from your neck working down to your toes. Pay particular attention to your axilla (armpits), navel (belly button), groin and perineum (genital area). Rinse thoroughly and dry with a clean towel.

After washing and drying yourself, apply a golf ball sized amount of foam to each area of the body, e.g. arm, leg, chest, etc. Avoid the eyes, inside the mouth and inside the nose. Do not rinse the foam off. Apply daily for 5 days.

Hair should be washed as usual, towel dried then Prontoderm foam combed through from the roots to the ends of the hair. Dry hair as usual, but avoid using hair straighteners. Apply daily for 5 days.

Naseptin nasal cream (step-by-step guide on the back of this sheet)


Place a small amount of the cream, about the size of a match-head on your little finger and apply to the inside of one nostril and repeat for the other nostril four times a day for 10 days. Pinch the nostrils lightly together after applying the cream to help spread it. It is important to wash your hands with liquid soap and warm running water before and after applying the cream.

Treatment plan (please tick box when applied) Date treatment commenced:


Prontoderm foam treatment	Day 1	Day 2	Day 3	Day 4	Day 5
Apply daily to dry skin after a shower or wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comb foam through hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Naseptin nasal treatment	Days 1- 10									
	1	2	3	4	5	6	7	8	9	10
Apply cream inside both nostrils 4 times a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prontoderm foam step-by-step guide



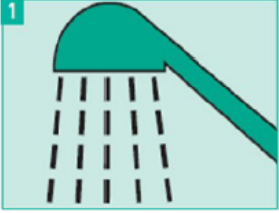
**Infection.
Prevention.
Control.**
You're in safe hands



Prontoderm[®] Foam: Suppression treatment

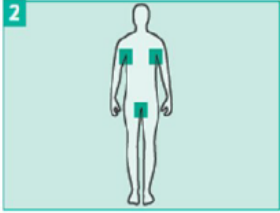
Ready to use leave on product: **DO NOT DILUTE OR WASH OFF**

1



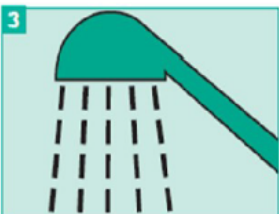
Shower or bathe as normal

2



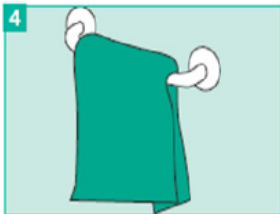
Pay particular attend to area around armpits, navel, groin and perineum

3




Rinse off thoroughly

4



Dry with a clean towel

5



Area	Product	Frequency of use
Body and hair	Prontoderm foam	Once daily for 5







Apply Prontoderm foam to all areas of the body by hand, including hair, or using a dry wipe. **ENSURE FULL COVERAGE.** Rub in until dry.

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Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust
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Naseptin nasal cream step-by-step guide

A nasal cream called Naseptin which should be used four times a day for 10 days.

 <p>1. Wash and dry your hands.</p>	 <p>2. Unscrew the cap and squeeze a small amount of cream, about the size of a match-head onto your little finger.</p>	 <p>3. Apply cream to the inside of one nostril.</p>	 <p>4. Repeat steps 2 and 3 for the other nostril.</p>	 <p>5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the cream inside each nostril.</p>	 <p>6. Wash and dry your hands. Then replace the cap on the tube.</p>
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If severe irritation occurs with any of the products, discontinue use and contact your local Community Infection Prevention and Control or UK Health Security Agency Team for further advice.