

MRSA

Prontoderm and Bactroban suppression treatment

Instructions for service users in the community

Meticillin resistant *Staphylococcus aureus* (MRSA) suppression treatment helps decrease the number of MRSA bacteria a person has or may carry and reduces the chances of developing an MRSA infection.

This information aims to assist you to use MRSA suppression treatment correctly. It is important that you complete the 5 day course to reduce the possibility of developing an MRSA infection.

The treatment is a combination of **two separate treatments that are started on the same day**, an antimicrobial body wash lotion and a nasal ointment.

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

Prontoderm foam is a leave-on product that reduces the number of bacteria on your skin.

- Although not mandatory, it is recommended that you bathe, shower or wash daily using your normal shower products prior to application of Prontoderm foam.
- After washing and drying, use enough foam to ensure coverage of each area of the body rubbing in until your skin is dry. Pay particular attention to apply the product to the armpits, navel, groin and perineum. Take care to avoid contact with the eyes, inside the mouth and inside the nose.
- **Do not rinse the foam off.**
- On day 2 and day 4 your hair should be washed using your normal shampoo, 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
- During the 5 day treatment, clean clothes should be worn after application and changed daily.
- Bed linen and towels should be washed daily, or as a minimum on day 1 and day 5.

Bactroban nasal ointment (step-by-step guide on the back of this sheet)


- It is important to wash your hands with liquid soap and warm running water before and after applying the ointment.
- For both nostrils, place a small amount of the ointment, about the size of a match head, on your little finger and apply to the inside of each nostril three times a day for five days.
- Pinch the nostrils lightly together after applying the ointment to help spread it.
- Discard any remaining product at the end of the 5 days of treatment.

Treatment plan *(please tick box when applied)*

Prontoderm foam treatment		Day 1	Day 2	Day 3	Day 4	Day 5
Apply daily to dry skin after a bath, 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"/>	
Apply nasal ointment inside both nostrils 3 times a day	Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


Prontoderm® foam step-by-step guide

1



Shower or bath as normal with your usual washing products.
Pay particular attention to the armpits, navel, groin and perineum.
Dry using a clean towel.


2



Final stage of decolonisation therapy

By hand or using a dry wipe, apply enough foam to ensure full coverage of each body part and rub in until dry. Pay particular attention to the armpits, navel, groin and perineum.

This also includes the hair. Massage into the scalp, comb through hair and leave to dry.

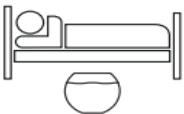


Please note, step 1 is optional when using Prontoderm® Foam

Do not wash off or dilute Prontoderm® Foam


Prontoderm® foam step-by-step guide for bed bound service users

1



Conduct patient bed bath as normal with usual washing products.
Pay particular attention to the armpits, navel, groin and perineum.
Dry using a clean towel.


2



Final stage of decolonisation therapy

By hand or using a dry wipe, apply enough foam to ensure full coverage of each body part and rub in until dry. Pay particular attention to the armpits, navel, groin and perineum.






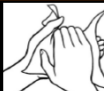
This also includes the hair. Massage into the scalp, comb through hair and leave to dry.



Do not wash off or dilute Prontoderm® Foam

Bactroban nasal ointment step-by-step guide

A nasal ointment called Bactroban which should be used **three times a day for 5 days.**

					
<p>1. Wash and dry your hands.</p>	<p>2. Unscrew the cap and squeeze a small amount of ointment, about the size of a match head onto your little finger.</p>	<p>3. Apply ointment 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 ointment inside each nostril.</p>	<p>6. Wash and dry your hands. Then replace the cap on the tube.</p>

If severe irritation occurs with any of the products, discontinue use and contact your GP for further advice.