Staphylococcus aureus treatment before surgery

azdelta
Uw ziekenhuis.

Staphylococcus aureus

Staphylococcus aureus is a bacterium that can be found in the nose, throat or on the skin without you noticing anything. About 30% of the population carries this bacterium. The bacterium does not normally cause disease; however, infection can potentially occur if the skin or mucous membranes are damaged. During surgery, these bacteria can enter the body through a wound, thereby causing a wound infection.

Removing the bacteria

You will soon undergo a procedure for which the removal of these bacteria ("decolonisation") is advised. For this, you will need to carry out treatment with an antiseptic soap and an antibiotic nasal ointment.

Treatment schedule

Treatment consists of applying a **nasal ointment (Bactroban®)** in the nose **3 times a day for 5 consecutive days before the procedure**. Place a match-head-sized amount of ointment on a cotton bud or swab and apply it high up in the left and right nostrils. After all, this is the preferred site of the bacteria. Then gently press on both sides of the nose with a circular motion to further spread the ointment.

Along with this, wash your skin for **5 consecutive days before the procedure and the morning of the procedure** entirely with **chlorhexidine soap (Hibiscrub®)**.
Moisten the entire body. Wash your face with the undiluted soap, especially around the nose. Avoid contact with the eyes, ears or mouth. Use a fresh washcloth each day.

Wash your armpits thoroughly. Also wash the rest of your chest, back, shoulders and arms. Thoroughly wash the groin area, navel and buttocks. Wash your legs and feet, and

especially between the toes. Afterwards, rinse everything thoroughly and dry off with a fresh towel.

On day 1 and day 5 of preparation, you also wash your hair with it.

During the decontamination period, the patient's towels, washcloths, bed linen, underwear and nightwear should be changed at least on day 1, day 2 and day 5. Follow the schedule as shown.

	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6 (=day of surgery)
Datum	__/__/___	__/__/___	__/__/___	__/__/___	__/__/___	__/__/__
Hibiwash® 	X + hair	x	x	x	X + hair	x
Bactroban® 	3x In the morning In the afternoon In the evening	3x In the morning In the afternoon In the evening	3x In the morning In the afternoon In the evening	3x In the morning In the afternoon In the evening	3x In the morning In the afternoon In the evening	/

Oral hygiene

Good oral hygiene is also important. Brush your teeth thoroughly in the period before surgery (twice a day). If you have dentures, in addition to brushing, they should be disinfected by immersion in Iso-betadine mouthwash (undiluted). In the 5 days before surgery, soak your dentures for 20 minutes once a day and rinse afterwards.

Cost

Hibiscrub: € 6.23
Bactroban: € 9.6

Contact

Should you have any further questions, you can always contact the physician treating you or the hospital hygiene team (tel. 051/23 75 10).

AZ Delta Deltalaan 1, 8800 Roeselare **t** 051 23 71 11 **e** info@azdelta.be **w** www.azdelta.be
0520 6543-EN **This brochure is revised on 12/02/2026**