

ANTI-STAPH BUNDLE GUIDE FOR PATIENTS

What is the anti-staph bundle?

The anti-staph bundle is a set of processes used to get rid of bacteria (germs), in particular *Staphylococcus aureus* but also other bacteria, which normally live on your skin without causing a problem. When you are going to have an operation, the germs which normally do no harm on your skin could cause a surgical wound infection.

The bundle contains antiseptic products which when used as directed, will get rid of any bacteria living on your skin and nose. Getting rid of the germs that live on your skin and up your nose is called decolonisation. Decolonising your nose and skin in the 24-36 hours before your operation helps prevent the risk of developing an infection in your surgical wound after your operation.

What is in the bundle?

There are 2 packets of wash cloths in the bundle. These contain chlorhexidine, which is a long-lasting antiseptic. These are to be used following a bath or a shower and should be used twice on the day before your operation. More information about how to use the chlorhexidine body wash is in the instructions over page.

There are also four single-use swabsticks in the bundle. These contain povidone-iodine. Povidone-iodine is another type of antiseptic. The swabsticks are like large cotton buds which have been dipped in povidone-iodine. Rubbing the povidone-iodine around the inside of your nostrils kills any germs that are living up your nose. Please read and follow the instructions overleaf before using the swabsticks.

If you have any questions about this you can talk to your surgeon, or please contact:

Pre-admission Service

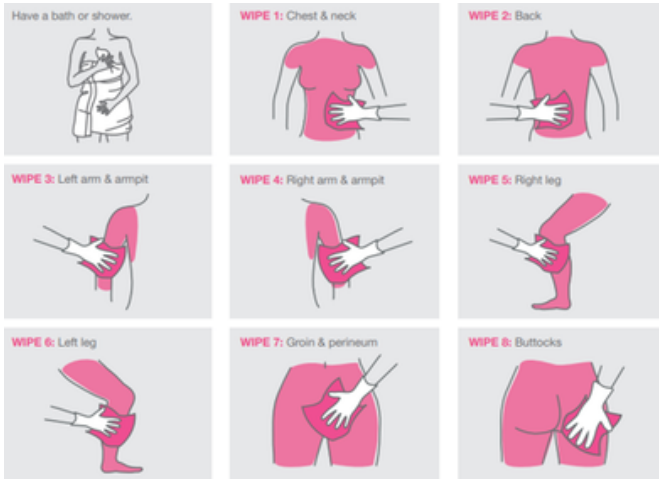
T: (07) 843 1898

E: preadmissionservice@braemarhospital.co.nz

Instructions for use: Chlorhexidine wash cloths

Chlorhexidine wipes are used to get rid of germs on your skin. This helps to prevent any infection in your surgical wound.

To be most effective at keeping germs away, these wipes should be used twice on the day before your operation:



Do not use if you are allergic to chlorhexidine



Instructions for use: Povidone-iodine nasal swabsticks



Do not use if you are allergic to iodine



When to swab

Povidone iodine swabs are used to get rid of germs in your nose. To be most effective, swabbing should happen three times:

- On the day before your surgery in the morning
- On the night before your surgery in the evening
- On the day of your surgery when you are admitted to hospital.

Instructions for use

Before starting, use a tissue to blow and clean inside of both nostrils.

Use scissors to open the packet carefully as the solution might drip.

1. Insert the swab into one nostril until you feel resistance.
2. Slowly rotate the swab for 15 seconds inside your nostril.
3. Then focus the swab into the inside tip of your nostril and rotate for an additional 15 seconds.
4. Remove swab and discard into rubbish.
5. Using a new swab, repeat steps 1– 4 to the other nostril.

Don't blow your nose immediately after application. If you feel solution dripping from your nostril, dab it with a tissue.

It is normal to feel a stinging sensation in your nose after using the swabs. This feeling should subside after a few minutes. You may also have a brownish yellow mark around your nostrils after using the swabs, this is normal. Please don't try to wash it off.