Preoperative Preparation for MSSA or MRSA Carriers

What is MSSA?
MSSA is the short name for Methicillin Sensitive *Staphylococcus aureus*. MSSA is a type of bacteria (germ) that lives on the skin and in the nose of some people. It rarely causes any problems. All humans carry bacteria on our skin, in our nose, and inside our digestive tract. In most cases, they do not harm us and are often very helpful. But if bacteria get into a part of our body where they don’t belong, they can cause problems and lead to infections.

What is MRSA?
MRSA is the short name for Methicillin Resistant *Staphylococcus aureus*. It is a germ that can be very hard to treat with medicine when an infection occurs. Some people carry this type of germ on their bodies or in their noses without any problems or infections. But if MRSA gets into a part of the body where it doesn’t belong, it can cause problems and lead to an infection that is hard to treat.

MRSA and Isolation Precautions
If you are found to carry MRSA, special safety measures will need to be followed. This prevents the spread of MRSA to other patients. These safety measures are called **contact isolation precautions**. To prevent the spread of MRSA, your visitors and health care workers will follow directions outlined in a sign placed on your door while you are in the hospital or clinic.

Health care workers and visitors will
- Clean hands and wear gloves and gown when going into your room.
- Put used gloves in trash and gowns in hamper. Then clean hands again before leaving your room.

You will be asked to
- Talk with your nurse about what you need to do to prevent the spread of germs.
- Cover your mouth and nose when sneezing or coughing. If you use a tissue or your hands, clean your hands when you are done.
- Clean your hands before leaving your room.
- Put on a clean robe (may use a second gown worn like a robe) before leaving your room.
- Stay in your room except when you need to go for a test or procedure.
Avoid contact with other patients.
If you are found to carry MRSA, UW Health requires you to be in contact isolation for your entire hospital stay. You will be in contact isolation every time you are a patient in a UW Health hospital or clinic at the hospital.

Having MRSA in your nose or on your skin should not be a problem in your daily life. The best way to prevent the spread of MRSA at home and in public is to wash your hands often. You should also wash objects often that you touch a lot and clean objects such as towels, clothes, and exercise equipment before you share them.

What can be done to prevent an infection at my surgical site if I am found to carry MSSA or MRSA?
If you are found to carry MSSA or MRSA, you will be asked to follow the directions below which may help to reduce your risk of an infection at your surgical site.

1. Apply an antibiotic ointment to your nose twice per day for the 5 days before your surgery.
2. Wash with CHG soap daily for the 5 days before your surgery.* On the day before surgery, wash with CHG soap in the evening. Also wash with CHG soap on the morning of your surgery before you leave home.
3. If you are found to carry MRSA, an additional antibiotic will be given to you before your surgery that works against MRSA.

Special preoperative directions can be found on the next page. You must follow these. Contact your doctor if you have questions.

The Spanish version of this *Health Facts for You* is #7221.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©1/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7218.
Complete the following steps **daily** for 5 days prior to surgery:

- **Skin Treatment:**
  1. Shower or bathe using your usual soap and shampoo, then rinse off completely. **Do NOT shave.**
  2. Turn off or step out of the water stream.
  3. Apply CHG soap to a clean, wet washcloth. Wash your skin from neck to toes, making sure to cover all skin areas once. **Do NOT apply the soap directly to your face, head or genital area.**
  4. Repeat step 3, covering all skin areas a second time. You should use half of the volume in the bottle.
  5. Leave CHG soap on your skin for 1 minute (sing happy birthday two times slowly). This helps it absorb into the skin.
  6. Rinse your skin with warm water. Do not scrub.
  7. **Minimal contact to the genital area during rinsing is fine.**
  8. Blot your skin dry with a clean towel.

- **Nasal Treatment:**
  1. Apply Mupirocin two times daily after washing your face in the morning and evening.
  2. Apply Mupirocin to a clean cotton swab and insert 1-2 cm into each nostril. Rotate swabs against the inside of the nostril for 3 seconds while applying pressure with a finger to the outside of the nose.
  3. **Do NOT** use Mupirocin the morning of surgery.

**The Night Before and Morning of Surgery**

- Shower using CHG soap the night before AND morning of surgery as instructed above.
- **Do not** use lotions, creams, powder, perfume or makeup after your shower or bath.
- Wear clean pajamas and sleep on clean sheets.
- **Do NOT** use Mupirocin the morning of surgery.

*Hibiclens® is for skin use only. Do not use if you are allergic to chlorhexidine gluconate (CHG). Do not use on your head or face. Do not use on deep wounds. CHG may cause skin irritation such as itching or redness. This is more likely when it is applied to sensitive skin right after taking a shower or shaving. If itching or redness persists, rinse the affected areas. Stop using the Hibiclens®. Contact your surgeon’s office.*