

Suppression treatment before surgery

Other formats

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What is the suppression treatment?

The treatment consists of an antiseptic body wash and an ointment to apply to the inside of your nostrils. The treatment lasts five days and is advised for people undergoing certain types of surgery such as hip and knee replacement.

Why is it needed?

Everyone has bacteria on their skin and in their nose. If these bacteria get into a wound they may cause an infection. The suppression treatment will reduce the numbers of bacteria on your skin and reduce the chance of you developing an infection after your surgery.

Types of bacteria

The most important organism that may cause infection is called Staphylococcus aureus. The suppression treatment will reduce the numbers of these bacteria.

One resistant strain of Staphylococcus aureus is called MRSA (Meticillin Resistant Staphylococcus aureus). If you happen to have MRSA on your skin then the suppression treatment will reduce the amount of these bacteria just as effectively as other bacteria.

Most people having surgery will have an MRSA screen taken to look for the presence of the MRSA organism on the skin. If MRSA is detected then additional measures may be required in hospital. If you carry MRSA it is important to apply the suppression treatment as this will reduce the chance of you developing an infection.

How to use the suppression treatment

The treatment should be started two days before your admission so that day three is the day of your procedure. If you need help to do this, your GP can liaise with the community nursing team to support you.

The suppression treatment is in two parts:

1. **Bactroban nasal ointment** (mupirocin 2% 3g tube)

Apply a small amount (about the size of a pea) to the inside of each nostril using a little finger or cotton bud. Squeeze nostrils together to spread ointment throughout the nostrils.

Apply three times each day for five days.

2. **Chlorhexidine gluconate 4% antiseptic detergent**

Moisten the skin and apply detergent (approximately 30ml) thoroughly to all areas before rinsing in bath or shower. Use chlorhexidine detergent for all other washing activities (e.g. hand washing) during the five day treatment course.

Use as a shampoo on days one and two of the five day treatment.

Sometimes different products are used. If you are given a different product follow the instructions you are given.

When to start suppression treatment

It is important not to start the treatment immediately. Treatment must be started so that the third day of treatment is the day of surgery/admission.

Please bring your suppression treatment with you when you come to hospital for your surgery.

If for any reason you have not been able to commence the treatment two days prior to admission, it will be started on admission to hospital and continued for five days or until you go home whichever is sooner.

Further information

If you have any questions, please ask your health professional.

If you need any further advice, please contact the Pre-Operative Assessment Service at North Devon District Hospital.

References

NICE Clinical guideline [CG74]: Surgical site infections: prevention and treatment. Draft revision 2019.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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