

Pre-surgical Hygiene Instructions

Pre-operative Antimicrobial Treatment

Nasal Ointments

There are two product options for treatment. Both can be purchased from a pharmacy (you may need to check with your local pharmacy to see if they stock either product).

These options are:

1. **2% Mupirocin (Bactroban) Nasal Ointment:** requires a doctor's prescription (discuss this with your surgeon).
2. **Nasalate™:** purchased over-the-counter and does not require a doctor's prescription.

2% Mupirocin (Bactroban) Nasal Ointment

Mupirocin nasal ointment is an antibiotic used to remove bacteria from inside your nose prior to surgery.

Instructions:

1. Please read the information leaflet enclosed with the 2% Mupirocin (Bactroban) Nasal Ointment.
2. 2% Mupirocin (Bactroban) Nasal Ointment is for use in your nose only.
3. Wash your hands before and after applying the nasal ointment.
4. Apply a 'double match head' amount into each nostril using your little finger.
5. Massage the sides of your nostrils together so that the ointment is spread within your nose.
6. Perform this twice a day (morning and night) starting 3 – 5 days prior to your operation.
7. Include an application of the ointment in the morning on the day of the operation.
8. Discontinue using if burning, irritation or soreness is experienced.

Nasalate™ Cream

Nasalate™ is a cream containing chlorhexidine and phenylephrine hydrochloride used for care of nasal mucosa.

Instructions:

1. Please read the information leaflet enclosed with the Nasalate™ pack.
2. Nasalate™ cream is for use in your nose only.
3. Wash your hands before and after applying the Nasalate™ cream.
4. Apply a 'double match head' amount into each nostril using your little finger.
5. Massage the sides of your nostrils together so that the ointment is spread within your nose.
6. Perform this twice a day (morning and night) starting 3 – 5 days prior to your operation.
7. Include an application of the ointment in the morning on the day of the operation.

All queries regarding this instruction sheet or obtaining any of the pre-surgery antimicrobial treatments should be directed to your surgeon at least one week prior to your planned surgery.