

## MRSA Prontoderm Suppression Treatment Instructions for service users in the community

The Prontoderm skin foam and nasal ointment will reduce the number of Meticillin resistant *Staphylococcus aureus* (MRSA) bacteria that live on your skin and inside your nose. It is important that you complete the **five day** treatment course. If you do not wish to have suppression treatment, please discuss this with your GP or local Community Infection Prevention and Control or Public Health England team.

This information aims to assist you to use MRSA suppression treatment correctly. The treatment is a combination of **two separate treatments** to be used over a 5 day period. It is important that you complete the 5 day course to reduce the possibility of developing an MRSA infection. Both treatments should be started on the same day. If you are pregnant or breast feeding discuss with your GP.

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### Prontoderm foam (step-by-step guide on the back of this sheet)

You will need to bathe, shower or wash each day as usual using your normal shower product. First clean your face, paying particular attention to your nose, then wash your body starting from your neck working down to your toes. Pay particular attention to your axilla (armpits), navel (belly button), groin and perineum (genital area). Rinse thoroughly and dry with a clean towel.

After washing and drying yourself, apply a golf ball sized amount of foam to each area of the body, e.g. arm, leg, chest, etc. Avoid the eyes, inside the mouth and inside the nose. Do not rinse the foam off. Apply daily for 5 days.

Hair should be washed as usual, towel dried then Prontoderm foam combed through from the roots to the ends of the hair. Dry hair as usual, but avoid using hair straighteners. Apply daily for 5 days.

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### Bactroban nasal ointment (step-by-step guide on the back of this sheet)

Place a small amount of the ointment about the size of a match-head on your little finger and apply to the inside of one nostril and repeat for the other nostril three times a day for five days. Pinch the nostrils lightly together after applying the ointment to help spread it. It is important to wash your hands with liquid soap and warm running water before and after applying the ointment. If you have any questions, please contact your local Community Infection Prevention and Control or Public Health England team.

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### Treatment plan

*(please tick box when applied)*

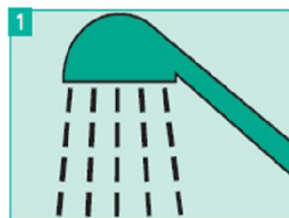
Treatment – Prontoderm foam		Day 1	Day 2	Day 3	Day 4	Day 5
Apply daily to dry skin after a bath, shower or wash		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comb foam through hair		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply nasal ointment inside both nostrils 3 times a day	Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Prontoderm foam step-by-step guide

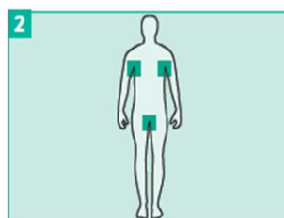


# Prontoderm<sup>®</sup> Foam: Decolonisation treatment

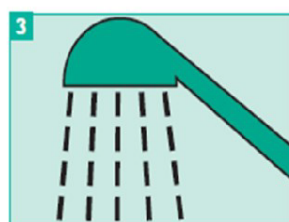
Ready to use leave on product: **DO NOT DILUTE OR WASH OFF**



Shower or bathe as normal



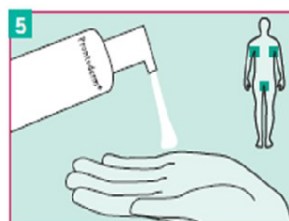
Pay particular attend to area around armpits, navel, groin and perineum



Rinse off thoroughly



Dry with a clean towel



Apply Prontoderm foam to all areas of the body by hand, including hair, or using a dry wipe. ENSURE FULL COVERAGE. Rub in until dry.

Area	Product	Frequency of use
Body and hair	Prontoderm foam	Once daily for 5 days

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Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust  
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## Bactroban nasal ointment step-by-step guide

A nasal ointment called Bactroban which should be used three times a day for 5 days.



1. Wash and dry your hands.



2. Unscrew the cap and squeeze a small amount of ointment, about the size of a match-head onto your little finger.



3. Apply ointment to the inside of one nostril.



4. Repeat steps 2 and 3 for the other nostril.



5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the ointment inside each nostril.



6. Wash and dry your hands. Then replace the cap on the tube.

If severe irritation occurs with any of the products, discontinue use and contact your local Community Infection Prevention and Control or Public Health England team for further advice.