Skin preparation before your hospital treatment

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td>Prontoderm gel light nasal ointment 3 times a day.</td>
<td>am</td>
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<td></td>
<td>mid-day</td>
<td>pm</td>
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<tr>
<td>Prontoderm foam 3 times a day.</td>
<td>daily</td>
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<tr>
<td>Prontoderm foam combed through hair.</td>
<td>daily</td>
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<tr>
<td>Prontoderm mouthwash 1-2 mins after brushing teeth.</td>
<td>am</td>
<td>pm</td>
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</tbody>
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Where can I go for advice and information?

Further advice contact the Community Infection Prevention and Control Team on 283 1143 Monday - Friday 9-5pm

Additional patient information leaflets are available. These include “MRSA” and “How to prevent and infection “.
Your recent screening has shown that you need some skin preparation before your hospital treatment. This is to prevent any complications during your treatment and prevent the spread of infection to other patients.

If you feel you can’t apply these treatments properly eg disabled or live alone a member of the Community Infection Prevention and Control Team will help you.

**Prontoderm**
The product you have been given is **Prontoderm**. Keep out of the reach of children.

These products reduce the number of germs that live naturally on your skin and help to reduce the amount of MRSA on your body. It is important that you complete the five-day course. Special care should be taken to use the Prontoderm properly.

**Prontoderm gel light nasal ointment**
Using your little finger apply a small pea-size amount of ointment inside each nostril. Pinch nostrils lightly together after applying the ointment. Please wash your hands before and after applying the ointment.

Apply **THREE TIMES A DAY** for five days. **AVOID THE EYES.**

**Prontoderm foam**
Each day you will need to bathe or shower as usual. First clean your face paying particular attention to your nose with your normal soap or shower gel. When cleaning your body clean from top to toes paying particular attention to the areas around your armpits, navel (belly button), groin and perineum (genital area). Rinse thoroughly and dry thoroughly with a clean towel.

After washing and drying yourself apply a golf ball size of foam to each area of the body e.g. arm, leg, back, front. There is no need to rinse off the foam.

Comb Prontoderm foam through towel dried or dry hair daily. Avoid the eyes, inside of mouth, and nasal passages. Apply **DAILY** for five days.

**Prontoderm mouthwash**
Twice daily brush your teeth with your normal toothpaste. Afterwards gargle or rinse around your mouth with 10 mls of the mouthwash solution for up to 1-2 minutes. Do not swallow the mouthwash.

For those patients who cannot gargle you can dip your toothbrush in the solution and clean inside your mouth.

Use **TWICE A DAY** for five days

If severe irritation occurs discontinue use and contact the Community Infection Prevention and Control Team on 283 1143. This number is manned Monday to Friday 9am-5pm. Outside of these hours contact your GP, local Walk-in Centre or Primary Care Centre for advice.

**Remember** to stop your treatment after five days.