



Patient Label

Recurring skin infections getting rid of Staphylococcus

The bacteria *Staphylococcus aureus*, also known as Staph, is a common cause of skin infections. Staph can be found on the skin, particularly in the nose and other moist areas, without causing any problems. For some people though, Staph can be persistently present and cause skin infections. In these people we aim to get rid of the Staph from your skin and nose to prevent further infections and quickly treat any infections that do occur.

If you have a staph skin infection it must first be treated with antibiotics from your doctor. Wash towels and sheets (in hot water if you can) at the beginning of your treatment. Once the infection has cleared up, you should use the following treatment.

1. Have a bath with the antiseptic _____ your doctor suggests in it every day for seven days. If you don't have a bath, have a shower and put the antiseptic straight on your skin like soap (undiluted). Leave the antiseptic on your skin (especially under your armpits, breasts, groin and bottom) for at least two minutes. Keep your nails short – and make sure you clean under them. Staph like living there.
2. Use a cotton bud or your clean little finger to put antibiotic ointment _____ on the inside of your nose (at the entrance on both sides). Do this three times a day for seven days. You can get antibiotic ointment on script from your doctor.
3. If it looks like your skin infection is coming back (slight soreness or redness) rub an antiseptic such as Crystacide or _____ on the sore/red area three times a day until it clears up. If your infection doesn't clear up or gets worse you need to go back to your doctor for more antibiotics

Helpful hints to stop Staph infections:

- Don't share towels.
- Make sure towels are dry before using them.
- Wash towels and sheets in hot water if you can.
- Don't use a towel more than two days without washing the towel.
- Wear cotton underwear.
- Treat grazes and scratches with Betadine or Crystacide (can get from Dr) or another topical antiseptic from the chemist.

Sometimes seven days of antibiotics plus the nasal ointment and antiseptic baths isn't enough to get rid of Staph infections for good. If you get an infection again, make sure you go back to your doctor, they might need to:

- Take more swabs.
- Give you a longer course of antibiotics (sometimes one week on, three weeks off for up to six months). Your Doctor will give you clear instructions and a diary to help.
- Swab and treat other people who live with you (sometimes people can carry staph with no symptoms and just pass the infection to others, especially sexual partners)