

# Pre-admission Patient Decolonisation Care Bundle

## Patient Information

For Hip and Knee replacement surgery



maryvale  
private  
hospital

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Consulting Room: (03) 5132 1289  
Fax: (03) 5133 9505



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### **Surgical Site Infection:**

Surgical site infections are one of the most common complications associated with surgery and can lead to devastating consequences, including lifelong morbidity and mortality. However, these infections are largely preventable.

A range of precautions undertaken before, during and after surgery can significantly reduce your risk of surgical site infection.

Whilst advances have been made in infection control practices including improved operating room ventilation, sterilisation methods, barriers, surgical technique, and appropriate use of antibiotics, there are also important things you can do to significantly reduce your risk.

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### What can I do to prevent Surgical Site Infection:

#### **Before surgery:**

- Give up smoking
- Maintain a healthy weight
- Optimise blood sugar control if you have diabetes
- Don't shave near where you will have surgery for at least five days before your surgery
- Perform decolonisation of your skin and nose. Decolonisation means to remove common bacteria that normally live on body sites that have been shown to be the cause of most surgical site infections. A decolonisation body wash and nasal gel named Octenisan are available for purchase at Maryvale Private Hospital. These products are to be used for five days before your surgery. The cost of these products is \$35 total if picked up from the hospital, or they can be posted for an extra \$15.

Please email [preadmission@maryvaleph.com.au](mailto:preadmission@maryvaleph.com.au) or phone 51321200 to organise these products.

#### **After surgery:**

- Mobilise and get out of bed as soon as recommended by your doctor
- For most surgeries, wound dressings should stay dry and not be removed until your post discharge doctor appointment
- Always keep your hands clean with either an alcohol-based handrub or soap and water. Note: if your hands are visibly dirty use soap and water



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### Your decolonisation bundle will contain the following products:

- **Antibacterial cleanser** to help reduce the bacterial load that naturally reside on the surface of healthy skin. octenisan® wash lotion can be used for the whole body including the face, hair and scalp. Follow the instructions provided for body washing ensuring contact on the skin for at least 1 minute.

Wash the whole body paying particular attention to the armpits, genital area, anal region and buttocks.



- **Nasal gel** to help decontaminate the nasal passages. Follow directions for use for octenisan® MD nasal gel, or as advised by your doctor or health care professional.



Clinical studies show that reducing the bacterial load on the skin and in the nose can help to reduce the risk of infection.<sup>1</sup>



How to use octenisan® wash lotion

[https://www.youtube.com/watch?v=O9wO\\_14fJdU](https://www.youtube.com/watch?v=O9wO_14fJdU)



How to use octenisan® md nasal gel

<https://www.youtube.com/watch?v=sfq5ym05i5o>



1. Ma N, Cameron A, Tivey D, Grae N, Roberts S, Morris A. Systematic Review of a patient care bundle in reducing staphylococcal infections in cardiac and orthopaedic surgery. Aust NZ J Surgery. 2017;87:239-246

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### Ingredients:

schülke -+



### Octenisan wash lotion

Ingredients: Water,  
Cocomidopropylamine  
Oxide, PEG-7 Glycerol  
Cocoate Glycerin,  
Hydroxyethylcellulose,  
Lactic Acid, Octenidine  
HCl, Allantoin

### Octenisan MD nasal gel

Ingredients: Water,  
Propylene Glycol,  
Hydroxyethylcellulose,  
Octenidine HCl

**\*\*\* If you have an allergy to any of the ingredients listed above or develop irritation after use, please contact Infection Prevention & Control on 5132 1200**

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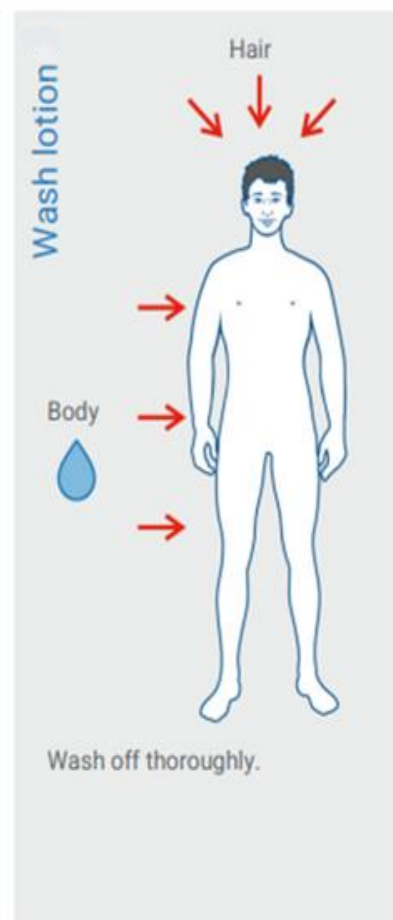
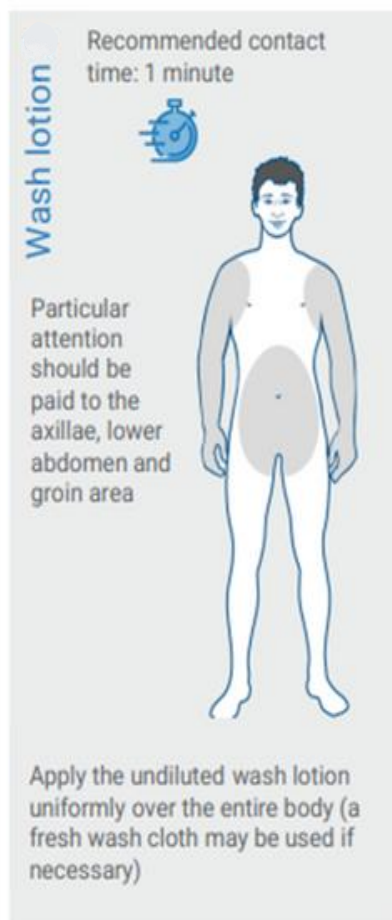
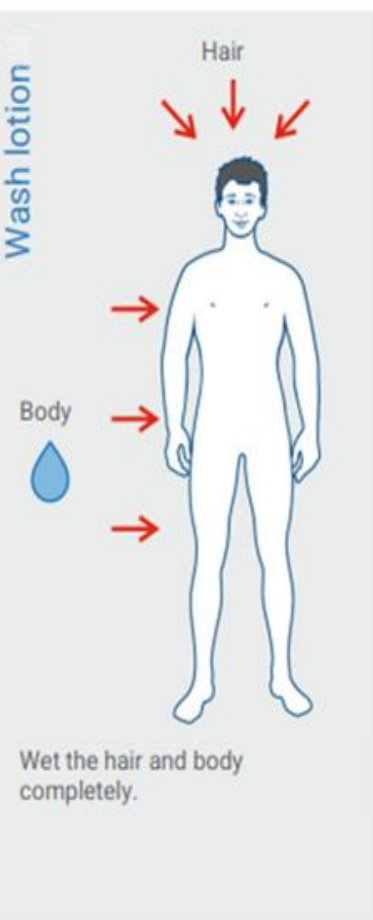
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### Instructions for use:

Octenisan wash lotion  
Use once daily

(IMPORTANT: leave the product on your skin for 1 minute before rinsing)





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### Instructions for use:

Octenisan MD nasal gel  
Use twice daily



1

octenisan® md  
nasal gel



Apply a sufficient quantity of nasal gel onto a cotton swab.

2



Apply the gel onto all surfaces of the nasal passage.

3



Spread the gel by gently compressing the nostrils. Remove any excess gel.

*Take care not to insert the cotton swab too deeply into the nose.*

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### Octenisan daily checklist:

Please bring the products to the hospital with you on the day of surgery.

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octenisan® wash lotion – use for **5 days, once daily** or as advised by your health care professional.

DATE						
Day	5	4	3	2	1	Day of procedure
Body						
Hair		N/A		N/A		N/A

Notes:

If octenisan® md nasal gel is recommended, use for **5 days, twice daily** or as advised.

Day	5	4	3	2	1	Day of procedure
Morning						N/A
Night						N/A



How to use octenisan® wash lotion

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How to use octenisan® md nasal gel

<https://www.youtube.com/watch?v=sfq5ym05i5o>

