

Dr. D's advice on getting rid of Staph Infections



1. Any active infection will need to be treated with antibiotic.
2. Meticulous skin hygiene is the most important.
 - Trim your fingernails short and clean them frequently.
 - Total body shaving is not advised because the breaks in the skin can cause more infections.
 - Shower or bathe every day.
 - In the summer, if you have access to a chlorinated swimming pool, that's even better.
3. To help clean as much Staph bacteria from your skin as possible, we will try two more things. You will need prescriptions for both.
 - Chlorhexidine scrubs on your body and as a shampoo every day for a week.
 - After your regular shower and shampoo, wash again with the prescription Chlorhexidine.
 - Pay close attention to your armpits and groin areas.
 - DON'T get it in your eyes!
 - After a week, continue to use it 2-3 times a week for 2 more weeks.
 - I'll prescribe a 32 oz bottle of Chlorhexidine 2%
 - Bactroban ointment applied to the inside of your nose twice a day for 10 days.
 - Wash your hands well after applying it.
 - I'll prescribe Bactroban 22 grams.
4. Next we want to reduce the amount of Staph in your environment. The two most important places are the bathrooms and the bedrooms.
 - Do a total bathroom clean-out,.. .sink, tub, floor, bathmats, EVERYTHING. Wash all the towels each time you use them for the next two weeks. Don't share towels with other family members. Toothbrushes get thrown out and replaced. Rinsing cups get scrubbed clean.
 - Wash the sheets and pillowcases.
5. This strategy should help reduce the frequency of re-infection and reduce the possibility of spreading the Staph to other family members. However, Staph is impossible to eliminate completely. If infections return, we start back at the top of this list.

Please call with any questions or concerns
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