



BACTROBAN PROPHYLAXIS **For chronic Staph infections**

Staph is bacteria on all of our skin which, when it gets below the skin barrier, causes skin infections such as, pustules (pus bumps), impetigo, folliculitis, or boils (furuncles). It is common in people with eczema. Staph is often found in the nose. When the nose is rubbed, then the same and scratches the skin, the Staph bacteria is carried under the skin and may cause an infection. When these infections become a frequent problem, prevention is needed.

Prevention consists of:

1. Good and frequent hand washing with an antibacterial soap. Bathing with an antibacterial soap twice weekly may also help.
Antibacterial Soaps:
 - Lever 2000 antibacterial
 - Dial antibacterial
 - Cetaphil antibacterial
2. Treating the nose with mupirocin ointment to eliminate Staph from the nose, where it lives
 - Apply a small amount of Bactroban with a Q-tip to the rim of the nose (nostrils) **twice daily for one week of every month.**
 - If other family members also have pus bumps, it is best to treat everybody
3. Medicines or moisturizers in jars can become contaminated if unwashed hands are dipped in the jar. To prevent contamination, wash your hands before reaching into the jar or use a clean spoon as a scoop, rather than using your fingers.
4. Weekly bleach baths have been shown to reduce frequency of Staph infections in persons with eczema. Add ¼ cup of laundry bleach, such as Clorox, to a full bath of water and bathe normally.