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DECOLONIZATION

Staphylococcus bacteria (including the MRSA variant) can cause and potentiate many skin conditions including eczema, furunculosis, nasal sores, folliculitis, etc.. Decolonization is the process of eliminating staph bacteria from the skin and nares, where it can remain regardless of oral antibiotic use.

- Apply *mupirocin* to the nares, arm pits, and peri-anal/perineal area two times a day for 1 week
- Bleach baths as outlined below
- Take a prescribed antibiotic if recommended
- Consider the need for decolonizing other people living with you in the household, especially if you suffer from recurrent infections. Discuss this possibility with your doctor.

BLEACH BATHS (to prevent colonization with Staph Aureus)

- Fill a bath tub with comfortably warm water
- Add 1/2 cup of bleach (this is dilute enough to not cause irritation)
- Soak for a minimum of 10 minutes
- Do this weekly for 1 month to assess response, or longer if instructed to do so.

WET LAYER TECHNIQUE

- Soak hands/feet for 5 minutes in warm water
- Apply prescribed cream/ointment to the affected skin
- Place Vaseline over the cream/ointment
- Apply white cotton gloves/socks
- Quickly wet the outside of the cotton gloves
- Apply a plastic glove or quart baggies over the wet gloves/socks
- Wear this layered regimen for 6-8 hours

*if there is tenderness, pus, or any evidence of infection,
discontinue the treatment and contact your doctor