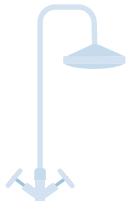


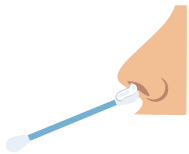
## Before surgery: Measures to reduce Staphylococcus aureus bacteria

The measures are aimed at reducing the number of Staphylococcus aureus bacteria on the skin and mucous membranes. This has been proven to reduce the risk of wound infection after surgery. The treatment is intended to take a total of five days and should ideally be completed before the planned surgery.

If this is not possible, the measures can be started or continued after the procedure.



- ☒ Shower and wash your hair daily with disinfectant soap (e.g., Lifoscrub®).  
Leave it on for two minutes and then rinse off.  
You may use your usual skincare products after that.
- ☒ Alternatively, you may use disinfecting wash gloves (e.g., SinAqua® 2% chlorhexidine).



- ☒ Apply nasal ointment (e.g., Bactroban®) twice daily.  
Using a cotton swab or your fingertip, apply a pea-sized amount into each nostril.



- ☒ Rinse your mouth twice a day after brushing your teeth and gargle with a mouthwash (e.g., Dentohexin®).  
Dilute the mouthwash with tap water in a 1:1 ratio.