

## MRSA Decolonization Protocol

MRSA, which stands for methicillin-resistant *Staphylococcus aureus*, is a type of bacteria and the most common cause of skin and soft-tissue infections. If you have been diagnosed with MRSA, you are likely a carrier, and this decolonization protocol will help reduce your chances of re-infection or infection of others in the household.

The protocol involves 3 components:

1. NASAL MUPIROCIN: Apply topical mupirocin 2% ointment (this will be prescribed for you) using a Q-tip to the nasal rim daily for 5 days. Then repeat monthly for 6 months.
2. BLEACH BATHS: In a bathtub with at least 1 foot of luke-warm water, add ½ cup of bleach. Soak in the bathtub for 15 minutes. After the soak, rinse off with cool shower water for 3-5 minutes, then lightly towel dry.
3. WASH CLOTHING: Wash potentially contaminated clothing, towels, and sheets in hot water and dry on high setting. Do not share towels.

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Updated 8/2020  
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