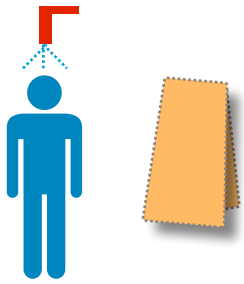


How to apply your Duac gel topical treatment

1



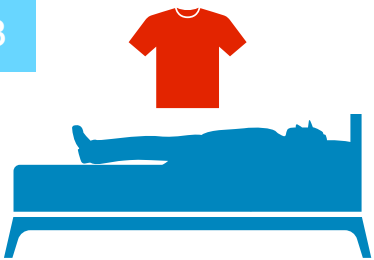
Wash with chlorhexidine liquid soap as directed and dry with a clean towel.

2



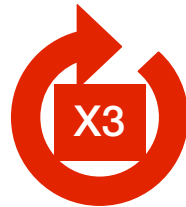
Apply Duac gel to the shoulder and armpit area of the side you are having your operation on.

3



You may wish to wear an old clean t-shirt to avoid staining of your bedclothes.

4



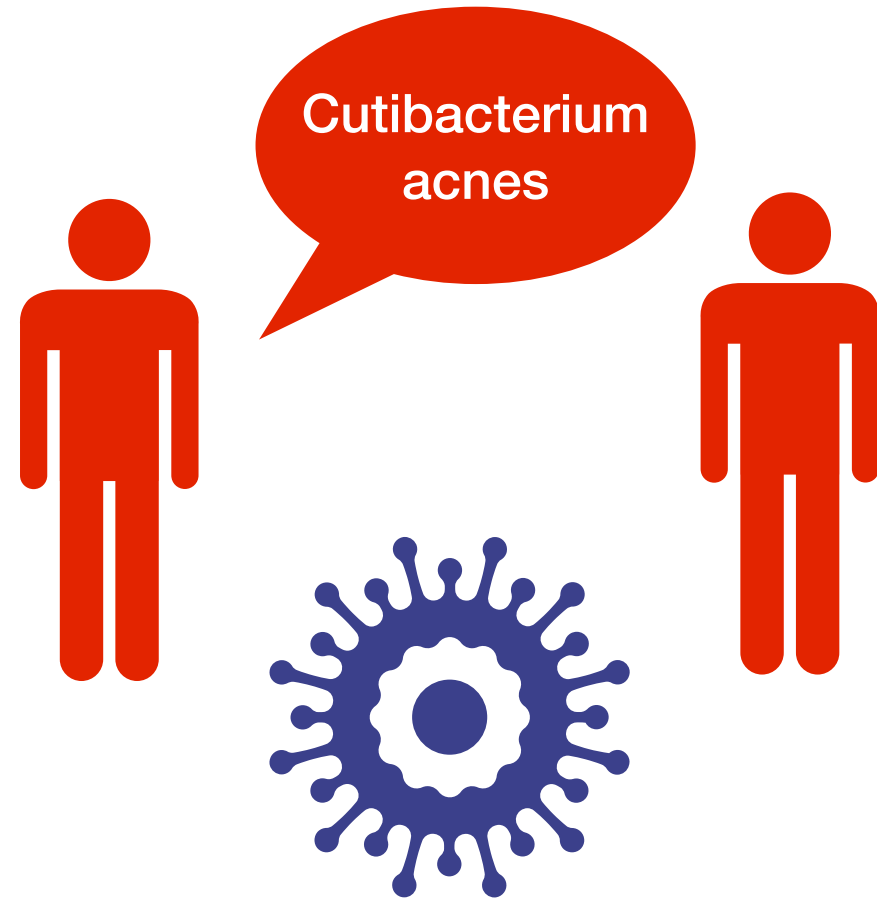
Use Duac gel every day for 3 days before your surgery.

If you are having surgery please start this treatment at least 3 days before your operation.

Start date:.....

If severe allergic reaction occurs contact 999

Tackling Infections: Put yourself in the picture



Tel: 01752 202082

www.plymouthhospitals.nhs.uk

Version: August 2021

Derriford Hospital
Derriford Road
Plymouth
PL6 8DH

This leaflet introduces Duac gel, why you should use it, and how to apply it.

What is it?

- C.acnes is a bacterium that is commonly found in the deep glands of the skin of healthy people. It is also found in the mouth, nose and gut.
- C.acnes is generally harmless but is a common cause of shoulder replacement infections.

How did I get it?

- It is not always known why someone has this bacterium.
- Known risk factors include male gender and the presence of hair.
- The bacteria can enter the body through wounds or procedures and cause infection.

Who is at risk?

- An infection is a serious complication of joint replacement.
- The most likely source of deep infection after surgery is the skin, so reducing the risk by reducing the number of bacteria in the skin is important.

How can I reduce my risk?

- Duac gel (Benzoyl peroxide + clindamycin) is a treatment that can be applied to the skin to reduce the number of bacteria present.
- Standard soap and MRSA wash does not reduce the risk from C.acnes.
- Hair removal (e.g. shaving, waxing) does not reduce the risk.

How do I use Duac gel?

- Duac gel should be applied at least 3 times, i.e. start 3 days before your surgery.
- You should apply Duac gel to the shoulder and armpit area after showering and ONLY when completely dry.
- You should use chlorhexidine wash as directed for MRSA eradication for 48h prior to surgery.

What are the side effects of using the gel?

- An uncommon side effect is skin irritation - scaling, redness, itching. If these do occur please contact your surgeon to ask whether the treatment should be stopped.
- Some people may experience skin whitening, although this is uncommon.
- The gel may bleach your bedsheets or pyjamas. Some people may prefer to wear an old, clean T-shirt to bed after applying the gel.

What does it mean for you and your family?

- Do not touch your wounds, catheters or other tubes.
- Encourage visitors to clean their hands before and after visiting you.
- If you are being nursed in a side room, it is important that you follow the instructions given.
- Ensure any treatment that is given is used or taken as prescribed and the course completed.
- Please report any side effects from using this gel to your prescribing nurse and surgeon.

By 'Putting YOU in the picture' we will do all we can to prevent the spread of infection.