



Dr Wolfgang Muller (Consultant Paediatrician)

Parent Information Guide:

Using Hibiscrub® (chlorhexidine gluconate) for MRSA Decolonisation in Babies

Why is Hibiscrub® Used?

Hibiscrub® (chlorhexidine gluconate) is an antiseptic solution that helps reduce bacteria, including MRSA (Meticillin-resistant Staphylococcus aureus), on the skin. Reducing these bacteria lowers the chance of infection and spread to others.

Special Care in Babies

Babies have very sensitive skin. To avoid irritation, Hibiscrub must be used carefully and often diluted before application.

How to Prepare the Solution

- Dilute Hibiscrub® before use.
 - Common dilution: **1 part Hibiscrub to 10 or 20 parts water** (e.g., 10–20 mL Hibiscrub in 200 mL of clean water).
 - Always prepare a fresh solution each time.
 - I suggest
 - 1st day 1 in 10 (=10 ml Hibiscrub add 190 ml water) then if tolerated
 - 2nd day 1 in 15 (=15 ml Hibiscrub add 185 ml water) then if tolerated
 - 3rd -14th day 1 in 20 (= 20 ml Hibiscrub add 180 ml water)
 - If stronger solution not tolerated use the solution your baby is comfortable with
 - You may dilute more than 1 in 20 if needed
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How to Apply Hibiscrub® to Your Baby

1. **Wash your hands** thoroughly before starting.
2. Ensure the room is warm so your baby stays comfortable.
3. Use a clean, soft cloth or sponge soaked in the diluted solution.
4. Gently wipe the following areas:
 - Neck
 - Armpits
 - Arms and legs
 - Chest and back
 - Groin and skin folds
5. **Avoid the face, eyes, ears, mouth, scalp, and broken skin.**
6. Leave the solution on for **1–2 minutes**.
7. Rinse your baby gently with clean, warm water.
8. Pat the skin dry with a clean towel.

How Often to Use

- Usually **once daily for 14 days**.
- Follow the schedule advised by your healthcare team.

Aftercare

- Apply a gentle moisturiser or emollient to keep the skin from drying out.
- Dress your baby in clean clothes after each wash.

Important Safety Advice

- Do not use undiluted Hibiscrub directly on your baby's skin.
- Do not apply near the face, eyes, mouth, or on broken or irritated skin.
- Stop treatment and contact your doctor if you notice redness, rash, or skin irritation.
- Keep Hibiscrub out of reach of children.



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Other Treatments May Include

- Nasal ointment (e.g., mupirocin) for the nose.
- Washing bedding, towels, and clothing regularly during treatment.
- Good hand hygiene for everyone in the household.

If you have any questions or concerns, please contact your healthcare provider, nurse, or pharmacist.

Written by: Dr W Muller

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