

# Atlanta Clinical Care, P.C.

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## Instructions for Hibiclens

Obtain Hibiclens or other chlorhexidine-based wash, from Pharmacist. No prescription is required.

- A. Use daily for 7 days. Concentrate on underarms, groin, under abdomen and under breast area. Try to avoid the eyes, as it can be harsh.
- B. Then use once a week for four weeks. Same areas of concentration.
- C. Then use twice a month for 6 –12 months to keep bacterial counts down on the skin.

## Instructions for Mupirocin

- A. Fill prescription.
- B. Apply a small amount (about half the size of a pea) inside the nostril on both sides, twice a day, for 5 days. It may be easier to place the ointment on a cotton swab. Smear the ointment inside the nostril by pinching the nose and wiggling it.