



Texas Children's Hospital



**Texas Children's Hospital
Dermatology Service
PCP Referral Guidelines: Impetigo**

Diagnosis: **IMPETIGO**

TREATMENT RECOMMENDATIONS:

Localized: mupirocin 2% ointment BID for 7-10 days.

Extensive:

cephalexin 30 mg/kg/day divided 3x daily for 7-10 days

OR

clindamycin 30 mg/kg/day divided 3x daily for 7-10 days

- If your patient is not responding, please obtain a bacterial culture to determine if the patient is resistant to the antibiotic prescribed.

REFERRAL GUIDELINES:

- Please do not refer patients on the same day as treatment initiation.
- Please only refer patients, who do not respond to antibiotic that has been selected based on antimicrobial sensitivity from bacterial culture
- Child with moderate to severe atopic dermatitis and recurrent skin infections

For children with recurrent staph infections of the skin, staph decolonization techniques may be needed. Please see attached instructions.



Home Treatment Instructions for Children/Families with "Staph" Skin Infections: Prevention

A) Bleach Baths

1. Any regular-strength liquid (6%) "household" bleach. (Clorox or generic store brands are fine).
2. Use ¼ cup bleach for an average sized tub that is filled half full with water.
 - a. For reference, 1 teaspoon of bleach should be used per gallon of bath water.
3. Limit the bath to 10 minutes, then rinse with regular tap water (a gentle soap and shampoo at this time are fine) and apply moisturizer.
4. Repeat the bath twice weekly at regularly-spaced intervals (for example, Sunday and Wednesday). Continue for as long as your doctor instructs.

B) Intranasal Mupirocin (Bactroban):

1. With a cotton Q-tip, apply a thin layer of Bactroban around the inside rim of each nostril (your doctor may also recommend use in the umbilicus and groin folds).
2. Apply twice a day for the first week each month.
3. Repeat monthly for 3-6 months.

C) Other Important Recommendations

1. When you or one of your family members has a skin infection, frequent hand-washing with an antibacterial soap.
2. To avoid introducing bacteria into your moisturizers or topical medications, do not put hands into the containers. We advise buying disposable spoons or popsicle sticks to dispense these products.
3. Any actively infected areas of the skin should be treated twice daily with mupirocin ointment and covered with a bandage and/or clothing when possible.
4. When you or one of your family members has a skin infection, it is a good idea to wash all items that come in contact with that person (for example, clothing, towels, bedding) in hot water with detergent before re-use.