

Hygiene Guidelines for Inpatient Wards of the Clinical Division of the Institute of Hematology and Blood Transfusion (ÚHKT)

Regimen A – Transplantation Regimen:

Facial and Oral Hygiene:

Please use **distilled water only**.

Oral Care:

Brush your teeth with a toothbrush and toothpaste after every meal and before bedtime.

- **Toothbrush:** A soft toothbrush with a small brush head and sufficient nylon bristles is recommended (e.g., CURAPROX). Replace the toothbrush every 6 to 8 weeks.
- **Toothpaste:** A toothpaste containing effective anti-caries agents such as fluorides or amine fluorides is recommended. These form a protective layer on the tooth surface from which fluoride ions are gradually released, providing optimal protection (e.g., Elmex or Meridol).
- **Brushing technique:** The most important aspect is the mechanical removal of plaque from the tooth surface. Circular movements are recommended at the junction of the gum and tooth, with the toothbrush bristles slightly angled toward the gum line. Effective oral hygiene also includes the use of interdental brushes for cleaning between the back teeth and dental floss for cleaning between the front teeth. (Not recommended if you have a low platelet count, severe blood cell deficiency, or inflammation of the oral mucosa.)
- **Brushing duration:** Brush until the teeth are clean (smooth to the touch of the tongue and free from visible plaque), usually for 3 to 5 minutes.

Mouth Rinsing:

Keep the oral mucosa moist:

Rinse your mouth at least **five times daily** with Solutions A and B (prepared by the pharmacy). Nursing staff will instruct you on the proper preparation and use of these solutions.

Denture Care:

- To prevent infection, dentures must be thoroughly cleaned with a brush (a hand brush is suitable) and soap. Overnight, dentures should be immersed in an antiseptic solution, such as a baking soda solution or Hexidine.
- During periods of reduced blood cell counts, wear dentures only while eating.
- Avoid wearing dentures if you have inflammation of the oral mucosa.

Oral Care During Oral Mucositis: If brushing with a toothbrush is not possible:

- Remove food debris and plaque from the teeth and tongue using gauze soaked in saline or bicarbonate solution.
- Rinse the mouth at least five times daily with Solutions A and B. Oral care solutions will be provided by nursing staff.
- Lips may be treated with non-irritating ointments such as Infadolan.
- If you experience pain, inform the nursing staff and your physician immediately. Pain medication can be administered. Pain may also be relieved by rinsing with cool saline solution.

Showering: (The shower head has been removed to prevent the formation of water aerosol, which may be a source of infection in vulnerable individuals.)

- Use the disposable washcloth provided.
- Wash your hair daily.
- Pay special attention to the areas behind the ears, between the toes, and the navel.
- The anal area should be washed and cared for after every bowel movement.
- You may use your usual cleansing products; fragrance-free products are recommended.

Hair:

- If you are undergoing chemotherapy and experiencing hair loss, we recommend cutting your hair short or shaving it completely.
- Before a bone marrow (hematopoietic stem cell) transplant, hair should always be cut short.

Nails:

- Trim your nails regularly and carefully.
- Dry the spaces between your toes thoroughly after bathing and use topical antifungal medications if recommended by nursing staff.

Beard and Shaving:

- Exercise extreme caution when shaving, especially when platelet levels are low, as cuts may bleed more easily and can become a source of serious infection during bone marrow suppression.
- An electric razor is recommended.

Linen and Clothing:

- Bed linen is changed daily or more frequently if necessary.
- Towels and hospital pajamas are changed daily.
- Underwear, socks, and personal pajamas (cotton is recommended) must be changed daily.

Regimen B – Neutropenia (Low White Blood Cell Count):**Facial and Oral Hygiene**

Same as Regimen A.

Showering:

(The shower head has been removed to prevent water aerosol formation.)

- Use the disposable washcloth provided.
- Wash your hair at least three times per week.
- Do not forget the areas behind the ears, between the toes, and the navel.
- The anal area should be washed and cared for after every bowel movement.
- You may use your usual cleansing products; fragrance-free products are recommended.

Linen and Clothing:

- Bed linen is changed daily or more often if necessary.
- Towels and hospital pajamas are changed daily.
- Underwear, socks, and personal pajamas (cotton is recommended) must be changed daily.

Hair, Nail, and Beard Care:

Same as Regimen A.

Open (Standard) Regimen:**Linen and Clothing:**

- Bed linen is changed twice weekly and as needed.
- Towels are changed daily.
- Personal clothing is permitted:
 - Underwear must be changed daily.
 - Pajamas must be changed at least twice weekly.

Slippers

- Must be made of washable material (applies to all regimens).

Hygiene Supplies:

Disposable washcloths, sanitary pads, tampons, wet wipes, and similar items must be disposed of in the waste bin, not in the toilet. They must never be flushed down the toilet.

Use the toilet only while seated. Close the toilet lid before flushing.

Handling Money and Newspapers/Magazines:

These items, especially money, may be a source of infection.

- Handling them while wearing gloves is recommended.
- Alternatively, wash your hands thoroughly and disinfect them afterward.
- Applies to all regimens.

Leaving the Room:**Regimens A and B:**

If you leave your room (e.g., for examinations, radiotherapy, etc.), always:

- Wear a clean gown, face mask, and gloves; or
- Perform thorough hand disinfection both when leaving and returning to the room.

Open Regimen:

- Thorough hand disinfection is required when leaving and returning to the room.
- The use of mouth and respiratory protection while moving through the ward and hospital building is recommended.

Rehabilitation:

- The type of rehabilitation is determined according to your medical condition and physician's orders.
- Rehabilitation is provided under the supervision of physiotherapists and may include active, passive, strengthening, or specialized rehabilitation exercises.
- As part of rehabilitation, you may use an exercise bicycle, pedal exercisers, and other rehabilitation aids after consultation with your physiotherapist.