

# ICHTHOPASTE<sup>◇</sup> VISCOPASTE<sup>◇</sup> PB7

## A Step by Step Guide to the Use of Zinc Oxide Paste Bandages

Ichthopaste and Viscopaste PB7 bandages are zinc oxide impregnated products used in the treatment and management of venous leg ulcers, their associated skin conditions and in dermatology treatments. The bandages are produced from cotton gauze and contain **no** elastic fibres. During the

inflammatory phase of healing, the limb or affected area may swell. It is therefore important to apply the bandage in a way which allows for the swelling to take place without causing tightening. For safety reasons, apply the products using one of the following methods.

### Method 1 - Pleating the Bandage



**STEP 1** Prepare the limb or affected area as per your own treatment plan. Using an aseptic technique, remove the bandage from its inner packaging and remember to remove the small piece of tape which secures the end of the bandage.



**STEP 3** Continue a second time around the foot, creating the pleat in the same way on top of the foot. Note: A second turn of the bandage on the mid-foot may not be required if the foot is very small.



**STEP 5** From the ankle area, continue up the lower leg, creating a pleat at every turn of the bandage, slightly off the centre, so that pressure is not created over the tibial crest.



**STEP 7** When complete, you should be able to see the pleats in the bandage as in the image here.

Gently smooth down the paste bandage.

Cover the paste bandage with a retention bandage, garment or compression therapy according to your own assessment and treatment plan.



**STEP 2** Position your patient comfortably with the foot at approximately 90 degrees to the lower limb and start at the base of the toes, taking the bandage one turn around the foot.

Bring the bandage back onto the dorsum of the foot and fold it back on itself to create a 'pleat'.



**STEP 4** Next, take the bandage around the back of the heel, return to the dorsum of the foot and pleat again. Finally, ensure that the area below the heel is completely covered with another turn of the bandage.

At this point, if you wish, you may cut the bandage at the ankle area, ready to start bandaging again just above the ankle or alternatively you may simply continue loosely towards the lower part of the leg.



**STEP 6** Continue upwards towards the knee area. Each turn of the bandage should overlay the last at around 50% and stop at around two fingers width below the back of the knee to allow for adequate movement.

Ensure that there are no exposed areas of skin within the bandaging and cut off any excess bandage at the knee.



### Method 2 - Cutting the Bandage

Apply the bandage to the affected area and following each turn of the bandage cut the length so as not to create a tightening of the bandage. Then apply the next turn and cut again, continuing along the affected area.

Alternatively, simply cut the bandage into strips before applying and lay them over the affected area to be treated. When complete, cover with a retention bandage, garment or compression therapy as defined in the patients care plan.

### Removal of Bandages

Viscopaste and Ichthopaste Bandages are intended for single use and may be left in situ for up to one week (dependent upon the patients' treatment plan). On removal, gently unwind the bandage and discard - DO NOT CUT.

For further information on the application of Viscopaste and Ichthopaste Bandage please visit our short product tutorial video on Youtube. Just search for:

**Evolan Paste Bandages** directly on Youtube or on Google.



**Note:**

Shown here is the application of Viscopaste Bandage to a lower limb. The same application method applies to Ichthopaste Bandage and where an upper limb requires bandaging, the same pleating or cutting method should be applied to the limb to avoid tightening.