

Paste bandages

Information and advice for patients and parents

Birmingham Skin Centre

What you need:



- Emollient
- Viscopaste
- Cotton bandages
- Scissors
- Tape
- Comfifast tubing

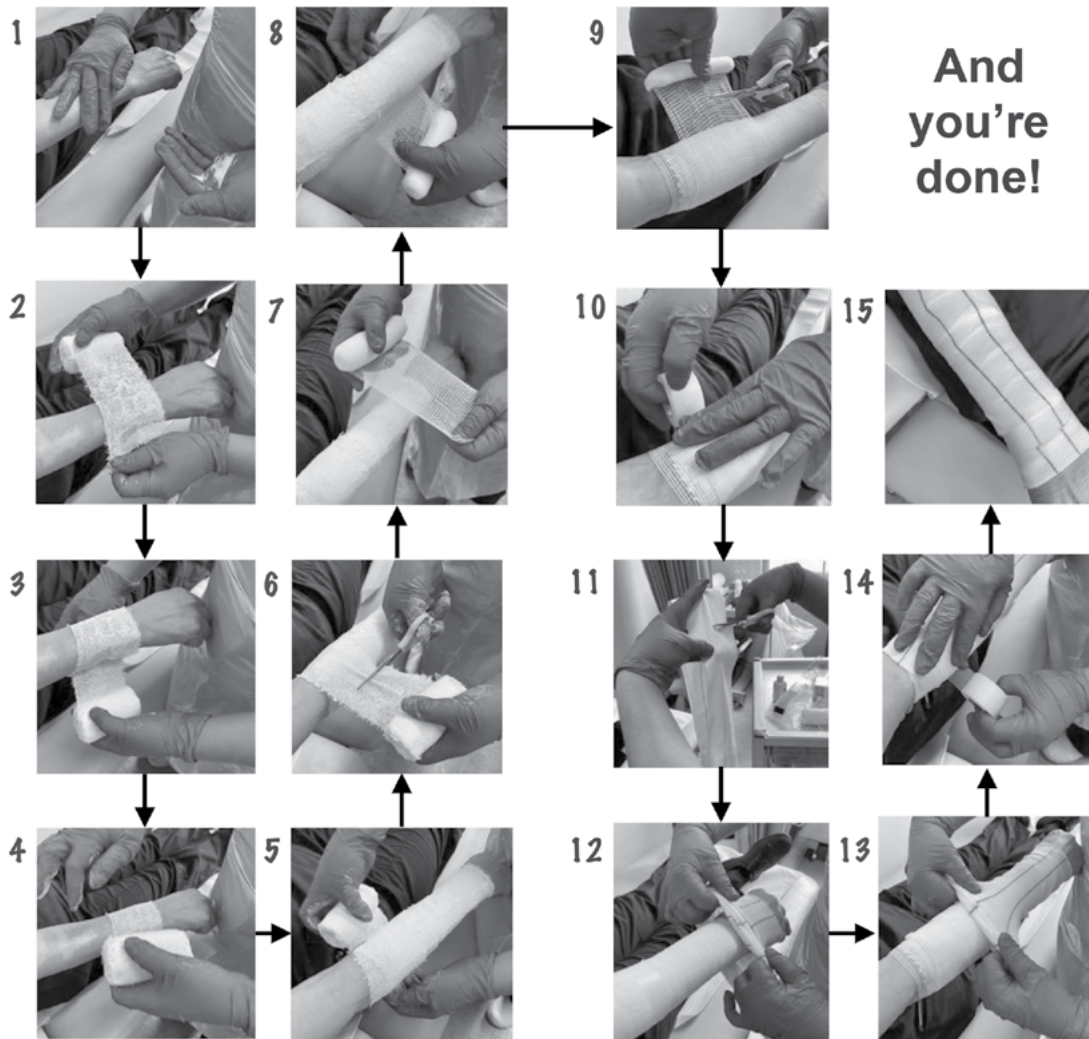
How to apply paste bandages

- Apply your usual emollient or topical steroid onto clean skin. ⁽¹⁾
- Find a starting point, place the viscopaste bandage at the front of the arm/leg and wrap the bandage for approximately one and a half turns clockwise, followed by one and half turns anti-clockwise. ⁽²⁻⁴⁾
- The pieces of bandage are applied continuously in this way until all the treatment area is covered. ⁽⁵⁾
- Each new bandage should overlap the previous by approximately 50%.
- Then cut the bandage. ⁽⁶⁾
- Now using the cotton bandage, wrap around the arm/leg in same manner as the viscopaste until all treatment area is covered. ⁽⁷⁻⁹⁾
- Tape the bandage in place once complete. ⁽¹⁰⁾
- Measure and cut comfifast tubing to appropriate size, then slide onto bandaged arm/leg. ⁽¹¹⁻¹³⁾
- Once complete tape the bandage in place and you're done! ⁽¹⁴⁻¹⁵⁾

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What are paste bandages? :

Paste bandages are fabricated bandages saturated with a wound healing paste containing zinc oxide or ichthammol.

What are the benefits?

- Helps to break the itch-scratch cycle
- Keeps the skin moisturised, helps to soothe and soften the skin
- Helps increase the effect of topical steroids and improve absorbency
- Gives the skin time to heal from the trauma of scratching

What are the risks?

- A skin condition called folliculitis may develop where hair follicles become blocked causing spots

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- Once paste has dried may lead to restricted movement and possible reduction in blood flow if applied on too tightly
- Allergic reaction may develop causing redness, swelling and rash if you are allergic to any of the ingredients
- Enhance the effects of topical steroids

Where can I apply them?

Mainly on the arms and legs, they can also be applied on patches of eczema. In certain cases they may be applied onto the face, but under the guidance of a medical professional. The bandages should not be used on infected areas.

The bandages should remain in place for 24-48 hours. Once removed they must be thrown away and can't be used again.

Useful resources

National eczema society

<https://eczema.org>

British Association of Dermatologists

<https://www.bad.org.uk>

British Skin Foundation

<https://www.britishskinfoundation.org.uk>

Guy's and St Thomas' Treatment Videos

<https://www.guysandstthomas.nhs.uk/our-services/dermatology/dermatology-videos.aspx>

(Websites accessed 25 August 2021).

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ML6556

Issue Date: March 2022
Review Date: March 2025