

**Patient  
Information**

# Viscopaste

## Introduction

Viscopaste bandaging is a zinc oxide paste infused bandage and is recommended in the management of chronic leg ulcers and eczema.

Zinc is an important factor in wound healing, as it can:

- help break down slough and eschar.
- promote epithelialization and granulation (process of wound healing).
- stop bacterial growth.
- soothe and moisten dry skin.
- maintains a healing environment.

## How to apply Viscopaste bandaging

It is recommended that when applying Viscopaste bandaging you do so in pleat formation, to accommodate any oedema affecting the limbs.

Beginning at the base of the toes, the bandage should be loosely wrapped around the foot and heel and then, while wrapping, with every turn, the bandage should be folded back on itself in a pleat, at the front of the leg. This should be repeated up the leg until just below the knee.

Viscopaste bandages are primary dressings. If the wound has moderate to high exudate (leaking fluid) then a secondary dressing over the Viscopaste bandage should be applied. A further loose bandage to cover is advisable to avoid soiling clothing or bedding.

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Department

**Dermatology**

Review due

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## Patient Information

This dressing should be applied daily.



Image 1



Image 2



Image 3



Image 4

### Step 1

Clean and dry the skin.

### Step 2

Apply a primary dressing or barrier product as required.

With the foot at 90 degrees to the

### Step 3

Start at the side of the foot. The bandage should be folded back on itself in a pleat, at the front of the leg. This is to avoid compression of the foot and leg, should the leg become swollen – see image 3.

### Step 4

Continue pleat formation the whole way up the leg from the base of toes to the bottom of the knee joint.

### Step 5

Smooth out the bandage on the leg before application of an outer bandage. Wool and crepe are often the preferred option for comfort. Tubi fast blue or yellow line would also be an appropriate dressing choice to use as a cover over the bandages.

## Patient Information

### Contact information

For further support or information please contact the:

#### Dermatology Department

Tel: 0300 422 5589,  
Monday to Friday

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>