

## Patient Information

# ZipZocs



## Introduction

ZipZocs are zinc oxide impregnated sterile rayon stockings, used to dress chronic leg ulcers. They can also be used soothe and protect the lower legs, arms and hands if they are dry, itchy or inflamed due to skin conditions such as eczema, psoriasis or nodular prurigo.

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

- help break down slough and eschar (dead and dry, black tissue).
- promote epithelization and granulation (wound healing).
- stop bacterial growth.

## Application

ZipZocs should be applied to cover the lower leg from the base of the toes to just below the knee. All folds should be smoothed out.

To protect clothes from ZipZocs a suitable outer bandage should be worn. Blue line Tubifast® is an appropriate outer dressing.

How often a ZipZoc is applied will depend on the clinical circumstances. This will be decided by your healthcare practitioner. ZipZocs can be left on for up to 3 days.

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Department

**Dermatology**

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If the ZipZoc dries out it may cause skin trauma (damage to the skin) on removal so it is important to assess the ZipZoc's daily to avoid this happening. If the ZipZoc does dry out, a generous amount of emollient should be applied to the ZipZoc before removal.

In the case of a calf with a large diameter, care should be taken to avoid constricting the lower leg. If there is any danger to the limb an alternative dressing should be used.

## Contact information

For further support or information, please contact the:

**Dermatology Department**  
 Tel: 0300 422 5589 (answerphone)

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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