

ICHTHOPASTE[◇]
VISCOPASTE[◇] PB7
ZIPZOC[◇]

A photograph of an elderly couple standing on a sandy beach, embracing each other. The man is on the left, wearing a blue and white plaid shirt and khaki shorts. The woman is on the right, wearing a pink long-sleeved shirt and white shorts. They are both looking out towards the ocean, where waves are breaking. The scene is captured in a soft, natural light, suggesting a peaceful and intimate moment.

**Zinc oxide treatment
for wounds and skin
conditions**



Caring for your skin

Healthy skin is important. Our skin provides us with a strong barrier against irritation and potential infection. Each layer consists of cells, water, and fats, which help to maintain the integrity of the skin.

To improve the health of our skin we can protect it from the sun, avoid smoking and stress, and eat a well-balanced diet, all of which can delay premature ageing and prevent various skin problems such as wounds or dermatological complaints. For some people, chronic skin complaints or ulcerations occur frequently, and this may require treatment by a healthcare professional.



Zinc Oxide & Skin Integrity

The skin is the largest organ in the human body, containing around one fifth of the body's total zinc content. Zinc is essential for growth, tissue maintenance, immune function, and wound healing. Systemic zinc deficiency may be associated with older age, or in individuals with a poor diet and those who suffer with morbidities such as chronic

wounds or dermatological conditions. Topical zinc oxide has been used in the treatment of wounds for over 3,000 years and is reported to have antiseptic, anti-inflammatory, anti-microbial, and wound healing properties. Now used to treat chronic wounds and dermatological conditions, when applied topically, Zinc Oxide has been shown to reduce red and irritated skin, reduce wound debris and improve healing rates by correcting a local zinc deficit ^{1,5,6}.



Promoting healthy skin with Zinc Oxide and Ichthammol

With a strong heritage over decades, Zinc Oxide Paste Bandages and Stocking provide effective lower limb and skin care for your patients.

Our customers regularly tell us that they regard our Zinc Oxide products as an essential component of their wound care dressings armoury. Patients who are suffering from venous leg ulceration or dermatological conditions can find this painful

and debilitating, and the road to full healing can be lengthy and challenging. Our customers tell us that our Zinc Oxide paste bandages and stocking are easy to apply, comfortable for the patient and really help to reduce inflammation and irritation, which means that the overall treatment time may be reduced. Our products are suitable for the treatment of all ages, from paediatrics to the elderly, under the guidance of a qualified clinician.

ICHTHOPASTE[◇]

- Contains 6.32% Zinc Oxide
- 2% Ichthammol to relieve irritation and soothe the skin
- Designed for wet ulcers and areas of sensitive skin
- Easy and quick to apply
- Does not dry out allowing for easy trauma free dressing changes
- Up to 7 days wear time providing a cost-effective treatment option

PROPERTIES OF ICHTHAMMOL^{2, 4}

- Anti-inflammatory
- Anti-microbial
- Anti-fungal
- Helps with itch



ICHTHOPASTE Bandage 7.5cm x 6m is made from an open woven cloth impregnated with a paste containing 6.32% Zinc Oxide and 2% Ichthammol BP. The bandage has no elastic fibres and does not stretch. ICHTHOPASTE may be used as a primary contact layer over the wound site and should be covered with a retention bandage, compression therapy system or a garment.

Indications

ICHTHOPASTE provides topical treatment to aid the healing of venous leg ulcers and their associated skin conditions such as varicose eczema and hyperkeratosis.

ICHTHOPASTE is also suitable for use in the treatment of chronic eczema and dermatitis. The bandage provides a moist wound healing environment, and has anti-pruritic and anti-mycotic properties, helping to reduce skin irritation, break the itch-scratch cycle and promote healing.

Ichthammol and its healing properties

Ichthammol, an oil-based ingredient has been employed in the therapy of leg ulcers, psoriasis, eczematous dermatitis, and furuncles for over a century and is widely used in dermatology.

Ichthammol is reported to have anti-microbial, anti-inflammatory, anti-pruriginous and analgesic properties⁴. It helps to control itching and reduces excessive hardening and thickening of the skin, as seen in chronic lichenified skin conditions. Containing fat, Ichthammol provides a layer of oil on the skin surface, which prevents moisture from evaporating, keeping the skin hydrated. Historically used as a drawing salve, Ichthammol is reported to improve blood flow to the skin², which is thought to aid the wound healing process.



ORDERING INFORMATION

Product
Code
4959

Product
Description
ICHTHOPASTE
7.5CMX6M (12s)

(Available only in NZ)

VISCOPASTE[◇] PB7

- Contains 10% Zinc Oxide to help relieve irritation and soothe the skin
- Comfortable to wear
- Designed for wet and dry ulcers that are surrounded by areas of sensitive skin
- Does not dry out allowing for easy trauma free dressing changes
- Up to 7 days wear time providing a cost-effective treatment option

PROPERTIES OF ZINC OXIDE^{1, 5, 6}

- Anti-inflammatory
- Anti-microbial
- Antiseptic
- Antioxidant
- Anti-fungal



VISCOPASTE PB7 BANDAGE 7.5cm x 6m is made from an open woven cloth impregnated with a paste containing 10% Zinc Oxide. The bandage contains no elastic fibres and does not stretch. VISCOPASTE may be used as a primary contact layer over the wound site and should be covered with a retention bandage, compression therapy system or a garment.

Indications

VISCOPASTE PB7 provides topical treatment to aid the healing of venous leg ulcers and their associated skin conditions e.g. cellulitis and varicose eczema.

VISCOPASTE PB7 is also suitable for use in the treatment of chronic dermatological conditions like eczema and dermatitis. The bandage provides a moist wound healing environment, reducing inflammation and protecting the skin, therefore helping to break the itch-scratch cycle and aid healing.



To treat and aid the management of venous leg ulcers, eczema, cellulitis, red leg syndrome, dermatitis, hyperkeratosis and chronic lichenified skin conditions.



ORDERING INFORMATION

Product Code
4948

Product Description
VISCOPASTE PB7
7.5CMX6M (12s)

ZIPZOC[®]



- **Contains 20% Zinc Oxide**
- **Soothing and comfortable to wear**
- **Preservative free**
- **Quick and easy to apply**
- **Use under compression therapy or under simple retention bandaging**
- **Up to 7 days wear time providing a cost-effective treatment option**

ZIPZOC is a single use medicated stocking containing 20% Zinc Oxide, which is indicated and used widely for wound management and to treat dermatological conditions, providing an aid to the treatment of chronic leg ulcers, and skin disorders such as eczema and dermatitis. ZIPZOC works by forming a barrier on the surface of the skin which protects against moisture and irritants. It's preservative free formula means that there is a very low potential for allergy in those with sensitive skin.

Availability

Available in packs of x4 or x10 Stockings

ORDERING INFORMATION

Product Code

66000747
66000748

Product Description

ZIPZOC Stocking (4s)
ZIPZOC Stocking (10s)



Application guide

Paste bandages

Swelling may occur during the inflammatory stage of the healing process and therefore paste bandages must be applied in a way which allows the swelling to take place, to avoid tightening. The bandages contain no elastic fibres, therefore for safety, use one of the following methods.

Pleating

Take the bandage one turn around the foot. On the dorsum of the foot, fold the bandage back on itself to create a loose pleat. Complete a second turn around the foot, creating another pleat.

Continue bandaging loosely over the ankle and heel and up the lower leg, creating a pleat at every turn, slightly off the centre, so that pressure is not created over the tibial crest. Cut off any excess bandage.

Smooth down the paste bandage and cover with a retention bandage or compression therapy system according to your own assessment and treatment plan. On removal, unwind the paste bandage rather than cutting away.



Cutting

Alternatively, simply cut the bandage into strips before laying over the affected areas to be treated. When complete, cover with a retention bandage or compression therapy system.



Zipzoc

ZIPZOC stocking should be applied to the lower leg from the base of the toes to just below the knee. Zipzoc has elastic fibres and will stretch to fit most limbs, however, check that the stocking does not cause any constriction of the limb. It can be cut to fit if needed or alternatively it can be left at its full length and folded back on itself.

Draw up the ZIPZOC in the same way as applying a sock, pull over the toes and the foot and up to the knee area, smoothing away any wrinkles. Fold any excess stocking back on itself.

Cover with a retention bandage or compression therapy system as indicated in the treatment plan. Zipzoc may be left in situ for up to 7 days, then must be removed and replaced with a new stocking if required.

What you need to know about ICHTHOPASTE, VISCOPASTE PB7 & ZIPZOC³

Zinc Paste Bandages and Stockings may be used as a primary dressing underneath graduated compression therapy in the management of venous leg ulcers.

A patch test of each product should be carried out before first application. ICHTHOPASTE, VISCOPASTE PB7 or ZIPZOC are not recommended for use on diabetic foot ulcers and should not be used in known cases of sensitivity or allergy to Zinc Oxide or any of the other ingredients.

One of the functions of occlusive bandages is to increase absorption. Care must be taken if it is

decided to apply topical steroid, anaesthetic, anti-microbial or retinoid preparations under the bandage as their absorption may be significantly increased, leading to a shorter duration of effect.

Ichthammol may increase the absorption of corticosteroids, heparin and chloramphenicol through the skin. Ichthammol has also been shown to synergise the activity of oxytetracycline and antagonise the activity of ampicillin when present together in various ointment bases.

ZIPZOC prescribing information, Zinc Oxide medicated stocking

Abbreviated prescribing information. Refer to summary of product characteristics before prescribing: **Composition:** A sterile rayon stocking impregnated with an ointment containing 20% Zinc Oxide. Each stocking (80cm x 7cm) contains about 41.5g of ointment. **Therapeutic indications:** Aid to the treatment of chronic leg ulcers and other associated skin conditions. **Method of Administration:** Because ZIPZOC is preservative free, it must be changed no less frequently than weekly. For topical application, ZIPZOC should be applied to cover the lower leg from the base of the toes to below the knee. All folds should be smoothed out. To protect clothing, a suitable outer bandage should be worn. If chronic venous insufficiency exists, ZIPZOC may be used as a primary contact layer under compression therapy and may be left in situ for one week, before re-application. **Contra-indications:** Arterial leg ulcers. Known hypersensitivity to zinc oxide or the excipients in the ointment. **Special Warnings and Special Precautions:** None known. **Interactions:** None known. **Pregnancy and Lactation:** There is no evidence to suggest ZIPZOC should not be used during pregnancy. **Undesirable Effects:** The skin of leg ulcer patients is easily sensitised to some topical medications. ZIPZOC contains no preservatives thereby reducing the risk of skin reactions. Reported reactions include, rash, erythema, itching and maceration of the wound edge. If the outer bandage is inappropriate or the medicated stocking is not changed with sufficient frequency it can cause the stocking to dry out. **Excipients:** Liquid Paraffin Ph. Eur. White Soft Paraffin BP. **Incompatibilities:** None reported. **Shelf Life:** 3 years. **Storage:** At or below 30°C. Keep all medicines out of the reach of children. **Packaging:** Polyethylene aluminium foil laminated pouches, each pouch containing a single medicated stocking. The outer carton will contain either 4 or 10 pouches. **Legal Category:** P **Market authorization number:** PL44616/0002 **Date of first authorisation/renewal of the authorisation:** 01 October 2006 **Date of revision of text:** 26 October 2018 **Trade Mark of Evolan Pharma AB** **Date of preparation:** October 2018

References

1. Agren MS (1990). Studies on Zinc in Wound Healing. Linköping University Medical Dissertations No. 320. Department of Pathology II, Faculty of Health Science. Linköping, Sweden. 2. Boyd AS (2010). Ichthammol revisited. Int J Dermatol 49: 757-60 3. Evolan Pharma AB (2021). Data on file. Danderyd, Sweden. 4. Gayko G, Cholcha W, Kietzmann M (2000). Anti-inflammatory, antibacterial and anti-mycotic effects of dark sulfonated shale oil (Ichthammol). Sonderdruck aus Berl. Munch. Tierarztl. Wochenschr. 113, Heft 10. 5. Kogan S, Sood A, Granick MS (2017). Zinc and wound healing: A review of zinc physiology and clinical applications. Wounds 29(4): 102-6. 6. Lansdown ABG, Mirastschijski U, Stubbs N, Scanlon E, Agren MS (2007). Zinc in wound healing: Theoretical, experimental, and clinical aspects. Wound Repair Regen 15: 2-16

Australia - Gaia Medical Pty Limited
E. customer.service@gaiaimedical.com.au
T. +61 (02) 5133 7000
W. gaiaimedical.com.au

New Zealand - Gaia Medical Pty Ltd
Gaia Medical Distribution Limited
E. customer.service@gaiaimedical.com.au
T. +64 (09) 200 2100 W. gaiaimedical.co.nz

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