

**Table D.42 Levels of compression**

Indication	Level of compression
Superficial/early Varices Prevention DVT	18–24 mm Hg
Medium Varices Mild Oedema <b>Ulcer prevention</b>	25–35 mm Hg
Gross varices Gross oedema <b>Ulcer treatment</b> Postthrombotic syndrome	35–45 mm Hg
Lymphoedema	35–50 mm Hg

## Zinc and other medicated paste bandages

In general, plain non-preserved zinc paste bandages are suitable for use on a number of wound types, especially venous leg ulcers.

There are many paste bandages listed in pharmacopoeias either as the sole agent or with other medications such as castor oil, ichthammol and camphor. Examples of these include:

- zinc paste and coal tar used in the treatment of chronic eczema, dermatitis and infantile eczema but not suitable for open wounds
- zinc paste and ichthammol used in the treatment of chronic eczema (where coal tar cannot be tolerated) and in gravitational eczema. It is also not suitable for open wounds
- zinc paste and calamine used in the treatment of non-exudative stages of acute and subacute eczema, erythema and dermatitis after plaster removal. It is not suitable for open wounds.

### Application methods

There are two structural types of zinc paste bandage: stretch or rigid-fibre bandage.

The stretch bandage is applied in a circumferential manner, with an overlap as the bandage is wound around the leg.

The rigid bandage is applied in a different manner. It is wound around the leg until it meets itself; the bandage is then reversed and wound in the opposite direction until it just covers itself again. This process continues as the bandage is wound up the leg. Note that at no stage does the bandage complete a full circle of the leg. The reason for this method of application is that the bandage, being rigid, will not expand as the leg enlarges due to oedema.

This system is left undisturbed for seven days, then removed, the leg washed with a simple surfactant (e.g. *Ego Wash*® or similar), and rebandaged.

Zinc paste also comes in the form of a stocking, a non-preserved expandable tubular bandage, which is applied in a similar way to conventional zinc paste bandages.

**Table D.43 Zinc paste bandages**

Product®	Manufacturer
<b>Preserved zinc paste bandages</b>	
<i>Viscopaste</i>	Smith & Nephew
<i>Zincaband</i>	Seton Scholl Ltd
<i>Tenderwrap Unna Boot</i>	Tyco
<b>Non-preserved zinc paste bandages and tubular stockings</b>	
<i>Flexidress</i>	ConvaTec
<i>Gelocast</i>	Smith & Nephew
<i>Steripaste</i>	Seton Scholl Ltd
<i>Zipzoc Tubular</i>	Smith & Nephew
<i>Varolast</i>	Hartmann

### Further information

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