

# CASE STUDY TWO

## COMFIFAST™ MULTISTRETCH™ TUBULAR BANDAGE



### Treating chronic lichenification using Comfast MultiStretch tubular bandages

Geeta Ayer. M.A. MSc, RGN Dip Derm Nursing, Non medical prescriber, Dermatology Nurse Practitioner (Manchester, England)

#### THE PATIENT AND THE PROBLEM

A 31-year-old Caucasian man presented with lichen simplex chronicus on his lower limbs. The condition had persisted for 12 months and had failed to respond to previous treatments prescribed by the GP. The rash caused severe itching and adversely affected the patient's quality of life.

The condition of lichen simplex chronicus arises as a direct result of the itch scratch cycle and it was itching that was the primary problem for this patient.

#### THE TREATMENT GOAL

The primary treatment goal was to reduce the itch-scratch cycle by managing the underlying dermatitis. Secondary aims were to treat the dry skin and reduce (or preferably, clear) the rash.

Better management of the underlying dermatitis would reduce the itching experienced by the patient and thereby improve their quality of life.

#### THERAPY RECEIVED

Effective emollient therapy is the cornerstone treatment for any dry skin condition to which other therapies can be added. Occlusion is also a successful therapy aid as it provides a barrier to prevent scratching and permits enhanced and prolonged application of topical medications.

The patient received complete emollient therapy consisting of greasy emollient (yellow soft paraffin) Balneum Plus bath additive and Balneum cream, mainly to relieve itching. Dermol 500 lotion was used as a soap substitute. Treatment included Synalar ointment under zinc paste and ichthamol bandages (Steripaste) under **Comfast MultiStretch** (blue line = 7.5cm flat width) tubular bandages. The **Comfast MultiStretch** prevented the paste from getting onto the patients clothing.

The patient was asked to change bandages every 48 hours and to allow occlusion free periods of a few hours before reapplication. This reduced any side effects of occlusion therapy. The patient was also asked to reduce the strength of steroids to Eumovate ointment until his next outpatient review.



## CLINICAL OUTCOME

Itching reduced within the first 2 weeks and stopped completely at 20 days. At week 6, there was a marked improvement in lichenification with lesions becoming flatter. The frequency of the bandaging was reduced to twice-weekly.

The 6 month review showed an 83% clearance with no active lesions, except for a patch of dry skin. The patient was advised to use yellow soft paraffin under **Comfast MultiStretch** tubular bandages (blue line) daily to clear this. This dry bandaging (wrapping) using **Comfast MultiStretch** tubular bandage was continued for a further 6 months. At 12 months the patient remained free of the condition and the skin remained improved for many months to come.

The patient was very satisfied with the clinical outcome. Initial concerns over messiness, time needed to apply the bandages and possible staining of clothes was alleviated by providing accurate information and the appropriate training in bandage application.

The patient reported that **Comfast MultiStretch** bandage was very easy to use and fitted snugly over the paste bandages, providing a light even pressure and improved support which in turn increased comfort. **Comfast MultiStretch** bandage stretched over the paste bandage and remained secure without the need for tapes, pins, or ties and this simplicity of use aided patient concordance with treatment.

Dry wrapping with **Comfast MultiStretch** tubular bandages has proved to be a useful part of the treatment for this patient who had experienced difficulty fitting into standard garments. Successful treatment of lichen simplex chronicus has resulted in significant gains in the patients quality of life.

### Key benefits of dry wrapping with **Comfast MultiStretch** tubular bandages:

- ✓ Prevents the transfer of emollients, creams and paste to the patients clothes
- ✓ Easy to use and apply to the affected limb
- ✓ Improves support to the affected limb improving patient comfort
- ✓ Fits snugly over paste bandages
- ✓ Remains in place without the requirement for additional fixation (pins / tape / ties etc)
- ✓ Helps keep skin moisturised and hydrated



**BestMedicalBrands** – sole distributor of Comfi Range in Poland  
Ul. Suwak 4, 02-676 Warszawa, Polska,  
Infoline: +48 69 772 4154  
hurt@bestmedicalbrands.com , www.bestmedicalbrands.com

