

CASE STUDY FOUR

COMFIFAST™ MULTISTRETCH™ TUBULAR BANDAGE



Occlusive bandaging using a cap [created from Comffast MultiStretch] is the method which helped this patient in the successful treatment of their pityriasis amiantacea

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THE PATIENT AND THE PROBLEM

A 21-year-old female presented to the dermatology clinic with adherent silvery asbestos like scaling affecting the scalp and shafts of the hair. After initially controlling the condition using a tar shampoo from the pharmacist, the condition deteriorated and the patients GP referred her to the dermatology clinic for diagnosis and further management.

The patient presented at the clinic with multiple thick hyperkeratotic plaques covering the entire occipital and temporal areas with some discrete patches on the frontal area. A diagnosis of pityriasis amiantacea was made.

The condition had had a negative impact on the patient's quality of life and resulted in the patient feeling anxious with low self esteem.

THE TREATMENT GOAL

The treatment goal was to identify the appropriate topical treatments and to educate the patient about their application. Application of the correct treatments would hydrate the scalp whilst reducing the inflammation and thick scales / plaques. This in turn would relieve any patient discomfort and improve her overall quality of life.

THERAPY RECEIVED

For 4 weeks the thick plaques were treated daily using generous amounts of Ung SCC ointment (a keratolytic) which contains salicylic acid, sulphur, camphor and phenol. The ointment which is smelly, messy, unpleasant, and leaves stains behind was applied to the scalp and left on overnight under occlusion. Occlusion consisted of a cap (head covering) made from **Comffast MultiStretch** (yellow line = 10.75cm flat width) tubular bandage. The cap kept the ointment in place to enhance penetration and absorption into the scalp whilst simultaneously preventing it from staining the bedding. The ointment was washed out every morning using Ceanel concentrate shampoo.

The patient was shown how to create the caps using the **Comffast MultiStretch** tubular bandage and once she had mastered the technique she started using the treatment regularly.



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Once the scales became less severe the patient applied Betnovate scalp lotion twice daily for 4 weeks. This suppressed the inflammation and immune response and prevented further plaque build up. After 4 weeks the application of Betnovate lotion was stepped down to twice weekly then once a week until the scalp was clear. It was then used on an 'as and when required' basis.

CLINICAL OUTCOME

The patient's quality of life and low self esteem improved considerably once the treatment started to work with the patient feeling far less anxious about her skin condition.

Four weeks after beginning treatment the area of the scalp affected by the severe scaling had reduced by 60%. The scalp was erythematous with a few discrete plaques on the vertex and occipital areas. At the 3 month review the condition was in remission and treatment had been discontinued, with the patient using tar based shampoo to prevent further recurrence.

Occlusive bandaging using a cap created from Comffast MultiStretch is the method which helped this patient. The patient was prescribed 10 metres of **Comffast MultiStretch** yellow line (10.75cm wide) to make the caps and this proved to be both convenient and cost effective for the patient.

According to the patient making caps from the tubular bandage was more cost effective than buying several specific caps since she was able to make as many caps as she wanted from the 10 metre roll. The patient said:

"It's like having 7 individual caps for a week, one cap for each day. I could also wash and re use them again"

"I pay for my prescriptions and I have to use the treatment long term so I found the option of making caps out of [**Comffast MultiStretch**] tubular bandages economical"

Overall the patient found it very soft, comfortable and an even fit. This also helped the patient to have a new found confidence to manage her condition, should it recur.

Key benefits of using Comffast MultiStretch tubular bandages for occlusion therapy:

- ✓ MultiStretch properties help reduce friction between bandage and skin epithellum - reducing any mechanical impact on the skin
- ✓ Allows the skin to breathe
- ✓ A single roll of tubular bandage can be used to make many caps, thereby making it a cost effective treatment solution
- ✓ Prevents the transfer of emollients, creams and paste to the patients clothes and bedding
- ✓ Easy to use and quick to apply for the patient
- ✓ Aids absorption of emollients / creams etc to help keep skin moisturised and hydrated
- ✓ Increases patient concordance with treatment due to simplicity of use, comfort and effectiveness

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